

ISSUE

31

AUGUST - SEPTEMBER 2010

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FOR MEAT
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NEW ZEALAND MADE

dish

soul food for winter

RECIPES THIS ISSUE:

hearty roasts

baking & puddings

warming soups

zesty citrus



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from the editor

"...it soon became apparent that some people, despite eating meat regularly, weren't that keen on seeing it in its raw form."

Sealed sections aren't usually the domain of food magazines, but when we decided we wanted to take a good look at meat cuts and canvassed a few opinions on the topic, it soon became apparent that some people, despite eating meat regularly, weren't that keen on seeing it in its raw form.

So in this issue, for a bit of fun, we've created a special sealed section called 'Meet the meat' on pg 51. Feel free to tear on in and learn more about the huge variety of meat cuts and what to do with them, as well as cooking tips, and some home truths from carnivore, chef and columnist Jonny Schwass. (Rest assured, the section contains nothing gorier than what you might catch a glimpse of in the butcher's delivery truck, but vegetarians might want to skip it.)

Also in this issue, in celebration of winter and its hearty fare, Food Editor Claire Aldous has created a selection of roast meals from a variety of interesting cuts, such as shin of beef and lamb breast. She also has ideas for warming vegetable soups and zesty citrus recipes. Contributing Food Editor Pippa Cuthbert hits a sweet note with indulgent baking and puddings, that are perfect for the chilly nights.

Writer Melinda Williams meets the man behind the growing Ooooby movement, aimed at linking people through the produce they grow at home, and also tunes into the 'i' world, with recommendations for some of the best foodie apps around.

We also look at what happens next for superstar Spanish chef Ferran Adrià and his revolutionary plans for his famed restaurant El Bulli, and meet Melbourne's ever popular Andrew McConnell.

And finally, it's been a long time coming but we're delighted to bring you the first ever Dish recipe index, in association with Gaggenau. The index (bound to your copy of Dish), covers issues 1-27 and we will be bringing you an annual index from now on. We're sure you'll find it useful, and a great way of rediscovering past recipes from five years of Dish.

Happy cooking!

Victoria

Victoria Wells – Editor

victoria@dish.co.nz

WE ALWAYS KNEW
WE WOULD FIND GOLD
IN THE WAIHOPAI

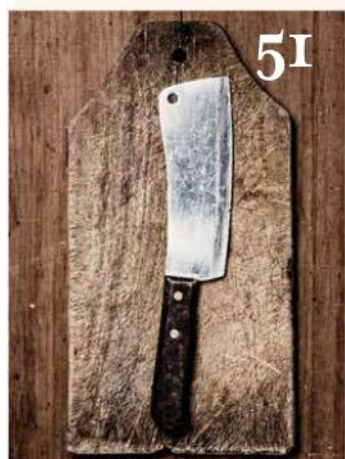


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contents

Issue 31, August – September 2010



51



93



68

TRAVEL

115 THE HIGH LIFE

a gourmet stay in
Victoria's High Country

FEATURES

- 26 **ALL ABOUT OOOOBY**
The new movement for home growers
- 32 **ICED DELIGHTS**
A taste for cupcakes
- 34 **A TASTE FOR APPS**
Great foodie apps when you're on the go
- 36 **WHAT NEXT FOR FERRAN ADRIÀ?**
From restaurant to think tank for Spain's superchef
- 44 **COOKING WITH... VANILLA**
- 49 **CHOP CHOP**
A stylish Sydney butchery
- 51 **MEET THE MEAT**
Our special sealed section!
- 122 **CITY SLICKER**
Melbourne chef Andrew McConnell

RECIPES

- 68 **LET US ROAST**
Hearty roasts and braised dishes
- 79 **RAY OF LIGHT**
Winter citrus to brighten dark days
- 85 **WINTER WARMERS**
Soups for the ultimate comfort food
- 93 **SWEET SURRENDER**
Tempting baking and puddings
- 104 **EASY EVERYDAY**
Simple dinner solutions



115

contents

continued...



32

VIEWS

40 YVONNE LORKIN

By the glass

43 CATHERINE BELL

Green light for green fingers

46 CLAIRE ALDOUS

behind the scenes

64 JONNY SCHWASS

Time to harden up



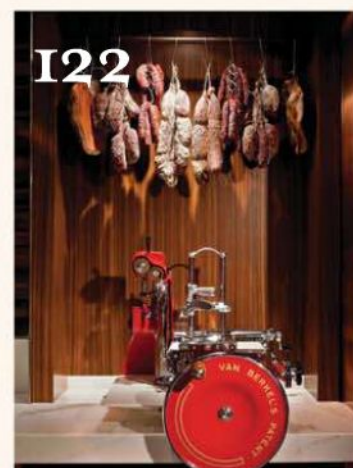
81



89

IN EVERY ISSUE

- 5 FROM THE EDITOR
- 12 LETTERS
- 14 SIDE DISHES
- 22 BOOKS
- 24 WHAT'S ON
- 125 SUBSCRIBE AND WIN
- 126 WINDOW SHOPPING
- 128 USEFUL CONVERSIONS AND TECHNIQUES
- 129 WHERE TO BUY
- 130 RECIPE INDEX



122

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dish

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letters

Give us your views – we look forward to hearing from you...



The ultimate compliment was to have my 21 year old son order the next recipe to try from the latest Dish magazine. In fact, he had read it before me.

The males in our household (husband, two sons and a boarder from 5 years ago) are a demanding audience and to keep myself interested in food I try at least two recipes per issue and write comments on how it went. I suspect the food has a lot to do with why they won't leave home!

My son has acquired a great sense of taste and our boarder keeps coming back thanks to Dish recipes! Another bonus is when friends come to stay there are a few interesting things in the cupboard like pomegranate molasses, saffron and an array of exotic herbs and spices. Even my veg garden has changed, making sure seasonable herbs are abundant.

None of these recipes need be very expensive and are readily available from our local Asian fruit and veg store as supermarkets tend to have such high mark-ups! I've already selected the next few recipes to trial from your latest issue and am salivating in anticipation. Bring it on....

P.S. He picked the Mu Shu Pork in Chinese Pancakes.

Viv Hill – via email

Thanks to Zinio, I've recently discovered Dish, and I wanted to tell you that I absolutely love it. I was a devoted reader of

Gourmet and I was feeling like an orphan since its disappearance, until I discovered your wonderful magazine (and downloaded all its back issues)! I love everything about it, and I was just completely charmed by the fact that your Summer issue contains Christmas recipes. Keep on the good job.

Catherine Dupont, Belgium

Congratulations on your latest issue.

As always the photography, recipes and articles are all outstanding. I was especially interested in the honey theme. My mother was a solo mum in the 1930s and decided to add to her meagre earnings by having a hive in the garden and honey to sell. She enrolled in classes, but instead of acquiring a hive she got a husband – the instructor, my father. By the 40s he became a commercial beekeeper in the King Country and we grew up surrounded by bees: dosed and poulticed on honey, pollen, and the revolting Royal Jelly.

Prior to 1960 producers sent most of their honey to the Honey Marketing Authority for sale, and it was graded according to concentration, granulation, colour and flavour. Pale, creamy and mild were winners, especially clover. Losers, including Manuka, were paid less and the honey was used in cereals and biscuits. By early 1960 a very clever Marketing Manager started promoting single floral flavours. The presentation was most attractive. Labels were beautiful pictures of Manuka,

Pohutukawa, Kamahi and other native flowers. It seems amazing today to remember the bland sweetness the general public preferred.

Thank you for your articles, I learned a lot more from them and enjoyed looking back and marvelling at how far the honey industry has come.

Helen Barber – via email

I wanted to tell you how much I like your magazine and how helpful it has been to me. My husband and I moved here 15 months ago because of his work, and left our three single daughters in the UK. Everything was so new to me and trips to the supermarket very time consuming as I did not know all the brands. Cooking for two instead of a family of five was also a big challenge. Then I saw Dish on the supermarket shelf and loved the look of the magazine. I stood in the aisle and flicked through the pages looking at all the beautiful photographs and I was hooked!

I bought two issues from the supermarket and then subscribed. You give lots of information on new products and the feature articles are superb. I cannot recommend you highly enough and tell all my 'new' friends about you. I managed to pick up some back copies at a book sale last week – how can anyone throw them away – mine are all coming back to the UK when we leave!

The latest issue has lovely recipes using one of my favourite ingredients – honey! The honey spiced duck and honey glazed roasted root vegetables were both delicious. I have also made the self saucing banana butterscotch pudding and the Greek chicken with oregano and feta, all delicious. When writing out my shopping list I read through Dish and choose my recipes and it makes life so much easier.

The 'Pantry notes' and 'Cooks tips' are very helpful and I find all the recipes very easy to follow. My husband is also very happy that I have a subscription to Dish as he comes

home to the most wonderful meals! When we have to return to the UK my subscription to Dish is one of the things that will continue. Well done to you all.

Norma Trevenna, Tauranga

Four weeks ago I had surgery on my foot and have been immobile ever since. To help pass the time I decided to revisit the many back issues of Dish that I have. Wow! What a revelation! It is like receiving them in the mail all over again.

I suspect I have previously flicked over some articles due to a hectic life but I now have time to read from cover to cover and am thoroughly enjoying each issue that I have. I can't wait to be back on my feet again soon and to get cooking. Thanks Dish for a wonderful magazine that has kept me informed and sane!

Gail Morrison, Palmerston North

• Congratulations to Gail, the winning letter this issue. She has won the fantastic Jamie Oliver Shark's Tooth Grill.

Dish must have been reading my personal history somewhere, and my future, as so many articles in your Issue 30 hit 'buttons' for me. I was brought up in Dunedin, have not been back for years and enjoyed seeing the vibrant food market. I've lived in Vanuatu and even like Lap Lap, but have never been brave enough to cook it at home – I might now. I am possibly going to Laos for work this year and now feel very keen to try the culinary delights.

Best of all though was the focus on honey, which I LOVE, and my kids do too. We eat it by the kilo. Most surprisingly for me (though no doubt not for you) is that Dish has reinvigorated our cooking, as we had reached one of those lulls where it all tasted the same. Today I've made the pâté and the schiacciata. Tomorrow we're having the braised pork shoulder with the semolina syrup cake.

We now feel inspired to keep cooking into the winter. Yum.

1 April 2010

Vicki Poole, Wellington



WRITE TO US AND WIN!

The winning letter next issue will receive a Staub cast iron "La Cocotte" casserole dish, which features self basting spikes on the inside of the lid to allow continuous basting – perfect for winter cooking!

Write to us at: Dish, PO Box 78070, Grey Lynn, Auckland 1245.
Or email info@dish.co.nz
Letters may be abridged for publication. Don't forget to include a postal address.

A time-tested recipe for success.

Even the most seasoned chef follows a recipe. Practice makes perfect, and after a while, the recipes become ingrained in our memories. Good chefs know to use only the very best ingredients, to work methodically and in an unhurried manner.

I wouldn't for a moment call myself a chef, but in my career as a fund manager, I have successfully followed a recipe for more than twenty years, mixing together a hand picked selection of great businesses into an investment portfolio that my clients have thoroughly enjoyed.

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side dishes

What's new, news and necessary for your kitchen...



Wall candy

Not so handy with a paintbrush? Fear not, there is a solution at hand – the Paper Room has a beautiful range of wallpapers, wall stickers, fabric and home accessories to add a unique twist to any home or office space. With designs by artists such as Florence Broadhurst, Tracy Kendall, Miss Print, Deborah Bowness and many more, it's a one-stop shop for creating incredible interiors. Those of a culinary bent will love the hand screen-printed cutlery by UK artist Tracy Kendall (pictured), or her plate stacks and kitchen-inspired wall stickers. Visit online at paperroom.co.nz

Pure Zealong

The beautiful camellia tree in his neighbour's garden was the first clue for Taiwanese immigrant Tze Wan Chen, that New Zealand had the potential to be a first rate site for a tea plantation. Camellias, which thrive in the Waikato where the Chen family had settled, are cousins to the tea plant. Fourteen years later the family's tea, Zealong, is the first oolong tea to be grown and produced in New Zealand. Founder and managing director, Vincent Chen, says purity was key and so Zealong has the world's strictest food safety certification, ISO22000. The single source tea is hand harvested three times a year from the one million tea plants on a 48 hectare farm in Gordonton. Zealong comes in three flavours: Pure, Dark, or Aromatic and its purity and strength mean the leaves can be used five or six times. Zealong tea is available online at zealong.com or at selected gourmet food stores and restaurants.



Subscription winner

Congratulations to the winner of our most recent subscriber prize draw: S. Sneddon of Auckland has won a \$5000 voucher from Matisse. All new and existing subscribers are entered into each issue's prize draw. See pg 125 for details.



Comb time

Artisan honey company J. Friend & Co has launched its new raw honeycomb (perfect if you want to recreate the cover of the last issue of Dish!). The honeycomb is collected from hives on the West Coast and is unprocessed; simply cut and packaged by hand for sale. It is a blend of Rata, Mahoe, Putaputaweta and Kamahi honey. Available from selected delis and gourmet food stores nationwide. Visit online at nzartisanhoney.co.nz

Spanish flavours

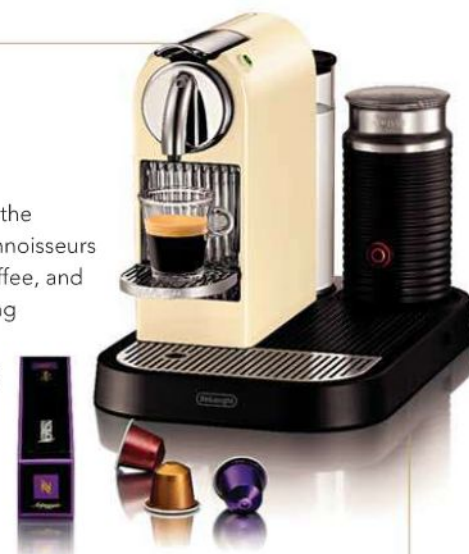
The tiny region of Priorat in north eastern Spain is most famous for its red wines. Now, artisan company Priorat Natur is using locally grown ingredients to make olive oil, bottled olives and quince paste (a beautiful addition to a cheeseboard) all of which are now available from importers St Vincent's Cave on 09 550 6908 or visit online at stvincentscave.com



Win a Nespresso CitiZ!

Nespresso has taken the world by storm – the compact machines are loved by coffee connoisseurs for their stylish design and barista-style coffee, and the new CitiZ range is no exception. Staying true to the Nespresso philosophy, the CitiZ machines contain the technologically advanced Nespresso patented extraction and brewing system, controlling all the elements required to create a perfect cup of coffee. The range also features an automatic standby mode to reduce energy consumption. We have a

Nespresso CitiZ&milk single-head automatic espresso machine with a built-in fresh milk frothing device valued at \$549 to give away. Simply email info@dish.co.nz with 'Nespresso' in the subject line and give us your name, postal address and a daytime phone number. Competition closes 5pm Monday August 16. The winner will be notified by phone.



Packing heat

New from Puhoi company Mustardmakers is a range of dressings, vinaigrettes and marinades. Using organic mustard seeds and spices, the Marinade No1 Moroccan Lemon (pictured) is delicious with fish, chicken and lamb. The dressings and vinaigrettes (which are bottled in jars) include flavours such as Lemon and Fennel, Lime and Capers, and Smoked Shallots. Available at Farro Fresh in Auckland and selected gourmet food stores and delis nationwide.



Image © Robert Catto

Beer o'clock

It's that time again – when the country's finest craft brewers come together to celebrate the best beers and talk about the finer points of brewing. On August 27th and 28th Wellington will again play host to two days of Beervana, where the public can sample the beers and talk to the people behind them, as well as learn from chef Martin Bosley and beer writer Neil Miller about pairing beer and food, and meet some of the industry's female brewers. Beervana also features a Beer and Chefs competition across local restaurants, in which local chefs create a dish matched with a beer for the public to try, and a 'Beer versus Wine' dinner. The BrewNZ Awards will also be held on August 26th, to honour the country's best beers. For more details visit online at beervana.co.nz



Champagne tastes

When the man responsible for making Veuve Clicquot talks about his favourite Champagnes, it's advisable to take notes. François Hautekeur has been winemaker at the iconic Champagne House since 2004 and was in New Zealand recently to meet restaurateurs and host a Veuve Clicquot dinner at Kermadec. While the House's Yellow Label is a firm favourite of François, he says if you're looking for a Champagne to drink over several courses then the Veuve Clicquot Vintage Rich 2002 is the perfect choice (but only available at selected restaurants in New Zealand). "Or for a romantic tête-à-tête," he confides, "it must be La Grande Dame Prestige Cuvee." Happily, this is available at fine wine retailers, although in limited quantity. After securing a bottle you could impress your beloved further by dropping into the conversation the fact that 'Veuve' is French for 'widow' and refers to the Widow Clicquot who took over and ran the now famous Champagne House following the death of her husband in the early 19th century. 'La Grande Dame' was her nickname, and it is her image on the top of the bottle.



Sticky sweet

Pancakes for breakfast just took on a whole new dimension with the launch of Heilala Vanilla Syrup. Each bottle contains vanilla extract, a whole pod and natural sugar to create a deliciously treacle-like syrup, which can be drizzled over pancakes or desserts, used in cocktails, or anywhere else that needs a sweet vanilla hit. RRP\$17.50 For stockist details visit online at heilalavanilla.co.nz



Tim Pickering and Dale Gartland

From Cape to Queenstown

Chef Dale Gartland is on the move from luxury lodge The Farm at Cape Kidnappers in Hawke's Bay to brand new sister property Matakauri Lodge in Queenstown. The Lodge is the latest purchase by the Robertson family, which also has Cape Kidnappers and Kauri Cliffs in Northland. Matakauri Lodge has been undergoing extensive renovations and is due to open on August 27th. Dale will bring his superb food to the Queenstown property, while Tim Pickering, who has worked under Dale for several years, will step up to the role of Head Chef at The Farm. Visit online at matakauri.co.nz

Win tickets to Feast of Canterbury!

Indulge in the best Canterbury has to offer at the inaugural Feast of Canterbury, to be held September 1-20. This brand new festival boasts more than 40 events over the three weeks including winery dinners, twilight markets, walnut oil pressing, craft beer showcase, degustations and more. We have five fantastic Feast of Canterbury packs valued at \$620 each to give away. Each pack includes double passes to the Hats Off Gala Dinner, Beertopia and DeCant, a VIP double pass to the Dine by Design Room, and lunch for four people at one of the participating Feast of Canterbury restaurants. To enter simply email info@dish.co.nz with 'Feast of Canterbury' in the subject line and give us your name, postal address and a daytime phone number. Competition closes 5pm Monday August 9.

Top prize for Waitaki sausages



Farmers Sue and Gus Morton of Waitaki Bacon and Ham have received high praise for their Pure Pork Sausages, taking the title of 'Best New Hospitality Food or Drink Product' at the recent Fine Food Show in Auckland. The Mortons raise pigs on their farm by the Waitaki River and can be regularly found at Farmers' Markets in Christchurch, Dunedin and Queenstown. Their other products include salami, bacon, ham and fresh pork cuts. For details or to order online visit waitakibaconham.co.nz

That's neat

Meat company Neat Meat has launched its new website offering a huge range of cuts which can be delivered to your door, around the country five days a week. The site offers useful tips on cuts, additional pantry items and recipes. Keep an eye out for the Razorback pork, which is farmed wild boar. Simon Eriksen of Neat Meat says it is a darker pork with a unique taste, but without the strong game flavour of wild meat. Visit online at neatmeat.co.nz

Enjoy healthier home comforts



Introducing Daewoo Electronics, one of Korea's big three in home appliances.

As one of the world's leading manufacturers of consumer electronics Daewoo Electronics' fierce commitment to innovation is backed by extensive global research and development facilities.

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Retro styles

If you love the look of Crown Lynn but prefer your vintage pottery to look a little newer, then take a look at the Retro Lynn range from Studio Ceramics. It features reinterpretations of the classic Crown Lynn vases such as Nautilus and Baby Swan, and even a reworking of the original McAlpine Fridge Jugs. Priced from RRP\$40. For stockists visit online at studioceramics.co.nz or phone 0800 221 020

A Crown for David Kinch

Californian chef David Kinch wowed diners at Crown Melbourne's Restaurant Number 8 recently with a degustation menu designed to demonstrate his philosophy of seasonal cuisine. The menu featured an exquisitely simple sashimi of sea bream with citrus oil and another of wild mushrooms roasted with bonito butter.

His 2 Michelin-starred restaurant Manresa in Los Gatos, is where David fosters the terroir of the California Coast, creating his own ingredient-driven cuisine that incorporates modern techniques learned during time spent in France, Spain, Germany, Japan, and the United States. He now grows everything for the restaurant on his own farm – a biodynamic property called Love Apple Farm. Along with 165 varieties of tomatoes, 45 herbs and 160 different vegetables, the farm also produces eggs, and beehives on the property provide honey. The restaurant in turn sends all its organic waste back to the farm to be returned to the earth. Not that there is much waste. David uses every possible part of a plant or animal. By way of example he took a radish and explained how the shoots, leaves, the radish itself plus its flowers and seed pods are all put to good use. His philosophy is to create a closed circle between guests, the garden and his own cuisine, something which has resulted in numerous accolades, the most recent of which is the James Beard Best Chef: Pacific, 2010. Visit online at manresarestaurant.com – By Catherine Bell.



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GAGGENAU



Rex Morgan

Olive Festival for Hawke's Bay

A celebration of olives is to take place in Hawke's Bay with a stellar line up of chefs, tastings, workshops and entertainment. The New Zealand Olive Festival will be held at Sileni Estate on Saturday 18th September. Award-winning chef Rex Morgan of Wellington's Boulcott St Bistro will be centre stage on the day, demonstrating the versatility of olive oil in cooking.

It's an opportunity to learn from experts about the characteristics of different olives and olive oils, to taste the wide variety of oils available and enjoy a range of cooking demonstrations.

Visitors will have the chance to meet Rex Morgan and local Hawke's Bay chefs over a glass of wine or an espresso at the 'Chef's Table with Dish Magazine'. Dish Editor, Victoria Wells, will host informal sessions throughout the day, where the public can chat to food industry experts. Don't miss The New Zealand Olive Festival - for more information visit online at hawkesbaynz.com

Henri & Co

Pukekohe has a stylish new addition to its dining scene with the opening of Henri & Co. The brasserie offers brunch, lunch and dinner, and there is also a deli and boutique store with homeware, gifts and furniture. It's open seven days from 9am, late nights Thursday to Sunday. Henri & Co is at 65 Edinburgh St, Pukekohe. Phone 09 238 1940.



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NEW ZEALAND OLIVE FESTIVAL

Celebrity Chef Rex Morgan presents cooking demonstrations. Workshops, tastings, entertainment, children's activities and olive/oil stalls. Saturday 18 September, 10am to 4pm, Sileni Estates, Hastings

HAWKE'S BAY OPERA HOUSE EVENT

The nationally acclaimed Hawke's Bay Opera House will be hosting an outstanding national headline act – watch this space! Saturday 18 September, Hawke's Bay Opera House, Hastings

FARMERS' MARKET

Come to the Hawke's Bay Farmers' Market; meet the growers and producers, taste and buy their wonderful array of products. Sunday 19 September, 8.30am to 12.30pm, Hawke's Bay A & P Showgrounds, Hastings

EPICURIUS BRUNCH

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Leg of Lamb with a Pecorino Crust

Use the Gaggenau Combi-Steam Oven to create this beautifully flavoursome Italian-inspired lamb dish, which is perfect for winter.

2 kilogram leg of lamb,
French trimmed
sea salt and freshly
ground pepper

Crust

1 cup packed, flat-leaf parsley
3 cloves garlic, crushed

zest 1 lemon
¾ cup fresh white breadcrumbs
½ teaspoon freshly ground pepper
5 tablespoons olive oil
70 grams (1 ½ cups) freshly
grated pecorino cheese

Preheat the combi oven to 200°C with the steam set at 100%. Place the lamb on the lightly greased unperforated tray and season.

Crust: Put the parsley, garlic, lemon zest, breadcrumbs and the pepper in a food processor and process until well combined. Place in a bowl. Divide the mixture, putting one third of the mixture in another bowl, combine with the pecorino and set aside for the final cooking stage. Stir the olive oil into the remaining two thirds of crumbs to make a thick paste. Spread this paste all over the lamb and roast for 30 minutes.

Reduce the temperature to 65°C with the steam set at 30%. Do not open the oven door. Cook the lamb for a further 2.5-3 hours. Remove the lamb from the oven and place on a platter.

Increase the temperature to 225°C with no steam. Pour the cooking juices into a bowl and skim off the fat. Add enough of the juices to the parsley/pecorino mixture to make a thick paste.

Spread evenly over the top of the lamb and place the lamb back on the tray. Roast for 10–15 minutes until the crust is golden and crisp. Transfer the lamb to a serving platter, cover loosely and rest for 10 minutes before carving.

Serve with roasted vine tomatoes and cooked green beans.

Serves 8-10



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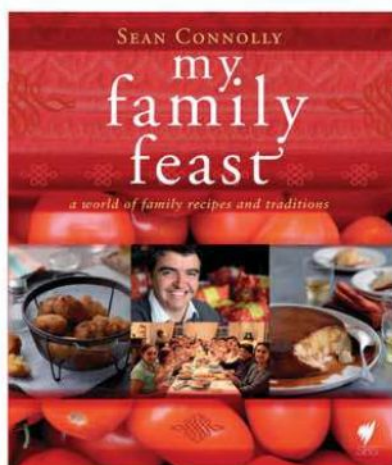
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books

Reviewed by Victoria Wells

All the books featured here are available from Cook the Books.



My Family Feast

By Sean Connolly

Australian Chef Sean Connolly was invited into the kitchens of a diverse range of immigrant families when filming his television series *My Family Feast* on which this book is based; Afghani, Burmese, Mandaean Iraqi and Serbian among them. Each family's cultural background is explored, and the way in which it shapes the way the family eats together and the dishes they prepare. This is a fascinating range of recipes from around the world.

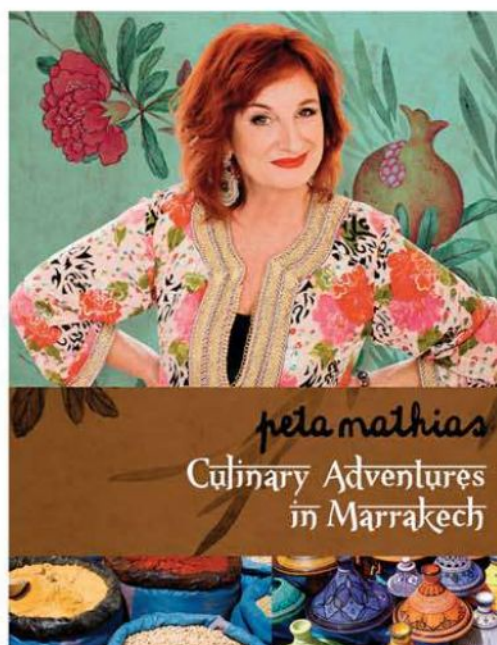
Hardie Grant Books/Distributed by Random House NZ – RRP\$69.99 (hb) Out September

Culinary Adventures in Marrakech

By Peta Mathias

This book accompanies Peta Mathias' new television series *Peta Unplugged in Marrakech*. In this, Peta explores the Moroccan city of Marrakech and her first-hand accounts of her time in the city are interspersed with recipes, transporting you to the souks, family homes and traditional eateries she visits. A wonderful insight into how the people and their food culture have been shaped by history.

Penguin NZ – RRP\$50 (pb) Out August 1.

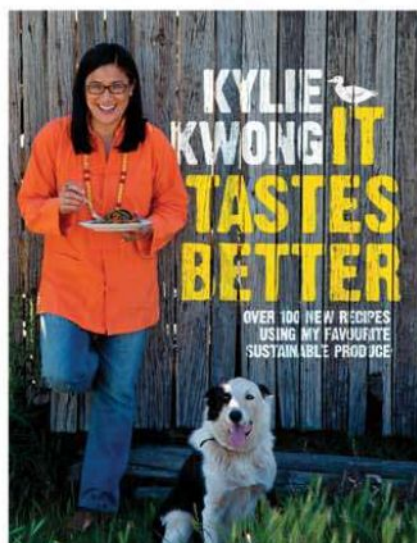


Taste Le Tour

By Gabriel Gaté

This is a collection of regional French dishes, sourced from the towns which play host to the riders on the Tour De France. Chef Gabriel Gaté has collated them after five years of hosting a television segment featuring the best of French food during the race. A wonderful book for anyone with an interest in regional variations within French cuisine.

Hardie Grant Books/
Distributed by Random House
NZ – RRP\$39.99 (hb)



It Tastes Better

By Kylie Kwong

Australian chef Kylie Kwong is an advocate of sustainably produced food, and here she creates recipes using produce from growers and farmers around Australia. The producer stories and recipes are beautifully photographed, and while we can't get hold of these exact ingredients in New Zealand, the notion of cooking with produce raised or grown in the best possible way is a familiar one for Kiwi cooks and these recipes will translate just as well with our own local produce.

Lantern/Penguin NZ – RRP\$75 (hb)

TASTE LE TOUR

Regional French Cuisine



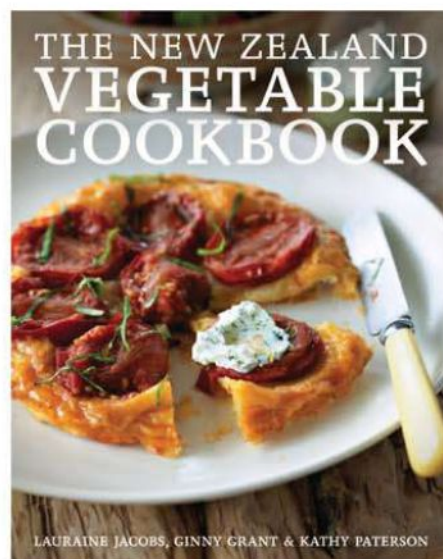
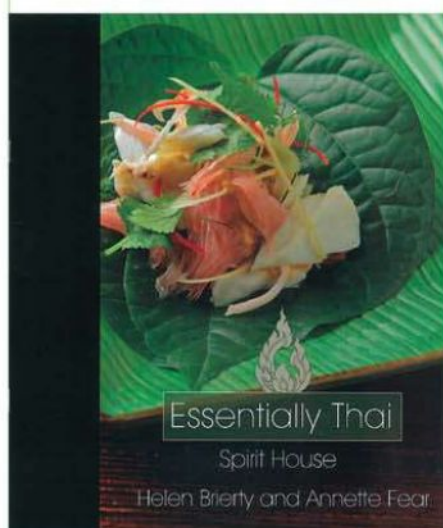
GABRIEL GATÉ

Essentially Thai – Spirit House

By Helen Brierty and
Annette Fear

Spirit House on Queensland's Sunshine Coast has become internationally renowned for its Thai food and cooking school. The new book is perfect for anyone keen to develop their skills in Thai food with a guide to Thai pantry essentials and utensils, as well as a comprehensive range of dishes, across snacks, salads, stir-fries, rice, noodles, soups, curries, seafood, poultry, meat and desserts.

New Holland – RRP\$55 (hb)

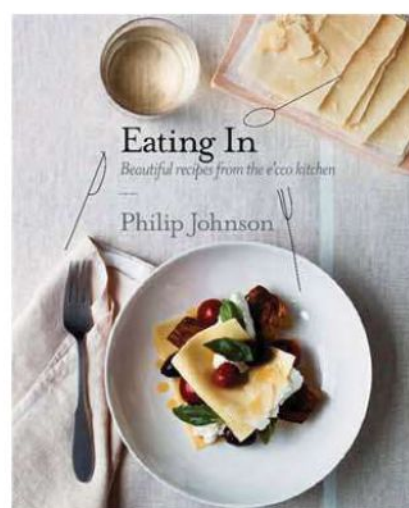


The New Zealand Vegetable Cookbook

By Lauraine Jacobs, Ginny
Grant and Kathy Paterson

New Zealand's seasonal produce is the star here, with our diverse array of vegetables explored season by season. While the majority of recipes are vegetable-based, it isn't a vegetarian cookbook, instead looking at how vegetables can be the main event. Beautiful photography by Aaron McLean will tempt even the most resolute carnivore.

Random House – RRP\$49.99. Out August 6.



Eating In

By Philip Johnson

Ex-pat Kiwi chef Philip Johnson offers recipes from his award-winning Brisbane restaurant, e'cco bistro, with dishes to mix and match for entertaining at home. The recipes range from simple fare, through to more complicated restaurant-style dishes, for when you want to impress. He has taken the work out of planning a menu as well, with a range of themed collections of recipes, and useful tips on entertaining.

Murdoch Books/Allen & Unwin
RRP\$69.99 (hb) Out August 1.



Books on food,
wine and all
things culinary



All cookbooks featured
in this issue of Dish are
available in-store or
online now.

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what's on

A listing of major food and wine events

JULY

Sign up for Friends of Martinborough

Don't miss out on tickets to this year's Toast Martinborough event in November – register for Friends of Martinborough and get access to early tickets sales, plus a host of other benefits. New registrations are strictly limited. Visit online at toastmartinborough.co.nz

Kai to Pie

Auckland

Now until end of August

Auckland's diverse nature is displayed through its food of yesteryear and today, at an exhibition at the Auckland Museum. 'Kai to Pie' takes visitors through a 'four course meal' based around four elements: Fashion, Feast, Fuel and Future.

Auckland Food Show

Thursday 29th – Sunday 1st August

Sample food and wine, browse the latest culinary products and enjoy cooking demonstrations from renowned chefs, all under one roof at the ASB Showgrounds. For ticket info visit online at foodshow.co.nz

AUGUST

Rick Stein – A Food Odyssey

Wednesday 4th and Thursday 5th (Auckland)
Saturday 7th and Sunday 8th (Wellington)

One of the world's best loved chefs, Rick Stein, brings his theatre show 'Rick Stein's Food Odyssey' to Auckland and Wellington. For Auckland tickets visit online at buytickets.co.nz or for Wellington visit online at ticketek.co.nz

Wellington on a Plate

Saturday 14th – Sunday 29th

A fortnight of special food events in the capital including set menus at the city's finest restaurants, behind the scenes kitchen tours, espresso tastings, craft beer sampling and much more. For the full programme visit online at wellingtononaplate.com

Whitianga Scallop Festival

Wednesday 25th – Sunday 29th

Head to the Coromandel for a festival that celebrates the much-loved Kiwi shellfish and indulge in some of our top chefs' scallop creations, while enjoying the picturesque Whitianga Harbour. Main ticket day Saturday 28th. For ticket info visit online at scallopfestival.co.nz

Beervana

Wellington

Friday 27th – Saturday 28th

Calling all beer lovers! Here is your opportunity to taste some of New Zealand's greatest beers under one roof at the Wellington Town Hall. It's also a great chance to meet the brewers and learn more about beer and food matching. For ticket details visit online at beervana.co.nz

SEPTEMBER

Feast of Canterbury

Wednesday 1st – Monday 20th

The region's newest and largest culinary festival will showcase local producers and chefs as well as giving visitors the opportunity to taste the brilliant wines of the region. For details visit online at feastofcanterbury.co.nz

Peter Gilmore at Kauri Cliffs

Matauri Bay

Saturday 11th

Acclaimed chef Peter Gilmore of Sydney restaurant Quay will prepare a five-course meal matched with Central Otago's Mt Edward wines. Peter's Quay restaurant was recently voted 27th in the world in the San Pellegrino World's Best Restaurants awards. For reservations phone 09 407 0010 or email reservations@kauricliffs.com

New Zealand Olive Festival

Hawke's Bay

Saturday 18th

A celebration of olives at Sileni Estate with a day of olive oil tastings and olive appreciation workshops, cooking demonstrations, olive grower stalls, food and entertainment for all the family. For details visit online at hawkesbaynz.com

The Northland Lunch

Karikari Estate

Sunday 19th

A showcase of Northland's regional food in a five hour lunch prepared by leading chefs from the region at Karikari Estate on the Karikari Peninsula. The eight course menu will be matched with Northland wines. Limited tickets. For more information phone Cedar Corban on 09 4017944 or email info@magnoliahouse.co.nz



Teast

Martinborough

*Wine, food
& music festival*

*Sunday 21st
November 2010*

Tranz Metro

Tickets on sale 9am, 6 October from Ticketek



all about Ooooby

It's the new movement with the unforgettable name —
MELINDA WILLIAMS meets the man who wants to
link us through our back gardens.

It's a rainy night in Auckland, but the Grey Lynn Community Centre is lit up as warm as a lantern. In one of the upstairs rooms, a small group of people sits in a semi-circle under a cheery rope of coloured flags while a bearded fellow fiddles with a projector. There's a range of ages in the room, and a lot of polyprop and sensible shoes, but what there is most of is a catchy enthusiasm for fresh food; home-grown, in backyards. This is Ooooby-versity, and it meets every Thursday.

Ooooby-versity is one of the community arms of the Ooooby (Out Of Our Own Back Yards) locavore movement, started here by Pete Russell, an ex-pat Aussie now happily located on Auckland's Waiheke Island. When Pete (the aforementioned bearded fellow in charge of the projector), moved to New Zealand with his wife in May 2008, he was co-owner of a multi-million-dollar food business that distributed frozen pastries from Europe to Australia. Attracted by New Zealand's abundant food resources, he hoped to expand the export company into Asia. What he didn't bargain for was having his entire perspective turned on its head.

Pete started in the food business when he and three partners bought a wholesale patisserie in Sydney. They did well, expanding rapidly and supplying to around 150 outlets in Australia. But soon they hit a snag: their pastry chefs couldn't keep up with demand, so Pete and his partners switched to a European frozen pastry supplier, allowing them to quadruple their turnover. When Pete came to New Zealand he had plans for the business to expand again, but a talk by Green Party MP Sue Kedgley at a Waiheke community hall startled him into a total change of heart. "I was just cowering in the back corner going, 'Oh, God,'" he remembers. "She was talking about the world food crisis, and how local food production was being demolished by the centralised food model. And I knew exactly what she was talking about, because we'd had a local food business and we demolished it with a centralised food model. I was so focused on what it meant to me and my business that I didn't think about what it meant to the staff. It was just like, 'Well, they'll just have to get a job somewhere else'. When she explained the bigger picture, I realised it wasn't about

people going somewhere else, because wherever else they'd go, they'd face the same thing. Our capability to feed ourselves at a local level was just being decimated because it made 'economic sense'."

Over the next three months Pete researched local food systems and eventually went to his board of directors with a proposal for a new business model. But they weren't convinced, so he quit. "Once I got the bug, I couldn't keep going in the direction the business was going," he says. After more research, he launched Ooooby as an online network designed to connect food gardeners with other enthusiasts, as well as local-food customers. Now the site has around 2500 members, and is creeping towards the million-pageview mark. About 40 new members join every week, most of them recommended by a friend, and the majority in New Zealand.

Christy Martin, a Californian who immigrated to New Zealand 18 months ago with her partner Giulio, was an early member of the site. A prolific home gardener, she said she was attracted by the enthusiasm of the



Christy Martin serves Ooooby customers at the Grey Lynn Farmers' Market.



He launched Ooooby as an online network designed to connect food gardeners with other enthusiasts, as well as local-food customers.



Pete Russell

community. "I thought it was great that you could put a question out there and people would respond. The people were just really helpful." Almost everything you want to know about self-sufficiency can be found on the site; there are specialist groups dedicated to discussions about topics ranging from permaculture, aquaponics and urban poultry to raw food, seasonal cooking and biodynamic planting.

Like many new home gardeners, Christy became interested in growing-her-own through increased awareness of health and sustainable eating, as well as concern about genetic engineering. "I feel like in this day and age you can't really buy something and know how it's been processed and grown, where the seeds have even come from. We're putting all these chemicals into our bodies." Now she and her partner practice square-foot gardening in their Freeman's Bay backyard. "We've got jasmine, geraniums, babaco, pineapple sage, apple pelargonium, thyme, edible violets, pine trees, an elderberry tree, rhubarb, comfrey, kumara, little gem potatoes, lemongrass, capsicum, garlic, peas, courgettes and lemon balm..." she says, laughing. "I'm missing a whole bunch. It's not a big space, so it's really impressive to see what you can grow in just a small space. Bergamot, mustard... it's really cool."

Since November, Christy has helped run the Sunday Ooooby market stall at the Grey Lynn Community Centre, and the stall is heaped high with produce that's as fresh as it gets, supplied from backyards around Auckland. Almost everything sells out every week, says Christy, and the supply and

demand is increasing all the time.

"I have a feeling that next summer's going to be really insane because we have so many more growers than we did last summer, and people are really getting into it."

Growers earn credits called 'Roobies' for what they sell, which they can use to buy other fresh produce, or trade in for cash. Christy says they aim to develop the model in other towns and cities, and eventually overseas.

"I can see it as something communities can apply all over the world, and spreading as a solution to the problems that are going on with food and big corporations. I see that on the stall, when people bring their things, they're really communicating and forming groups and car-pooling their food out. It's really cool to see people getting together and trying to make it happen."

Pete Russell, who confesses to being "domestically challenged", says he sees himself as the host of the Ooooby party, someone who brings together the local growers, and connects them with people who want to learn more or buy locally grown food. "I'm one of the people that is so dependent on our current food system," he admits. "I'm the sort of person who looks for a ready-to-boil or ready-to-put-in-the-microwave meal, and if I don't have that, I'll just eat fruit or toast or beans and eggs. I'm not actually a foodie in the sense that I can be creative around it. I'm a foodie in the sense that I eat every day and I really like nice food. But I'm totally disconnected from the process, because I was a microwave kid. And the reality is that there are millions of us."

Creating easy access to local food is firstly about getting growers together, says Pete, through the website and Ooooby-versity, where growers share knowledge in small group tutorials. Once the growers are networked and providing complementary crops, it's about connecting them to markets. Grey Lynn Farmers' Market has the only regular Ooooby stall at the moment, with a second to open at the City Farmers' Market in Auckland's CBD. Pete says there is interest elsewhere in the country too.

The weekly stalls are an early step in an even bigger system, which Pete has his eyes on. "The goal now is to start an online shop, where people can post their food. We're building a logistical operation to set up a café-style grocery store that's all about immersing people in the whole local cuisine with style, which will be a drop point for all the growers. We'll coordinate things into boxes for the online orders, and the customers can either pick it up, or we deliver it to them."

For Pete, setting up Ooooby has been full of delights, but the thing that keeps him going most is the community. "On a lot of online forums or networks you get naysayers, people swearing or driving things down by complaining. On Ooooby, everyone's really positive and polite. They're all really, really nice people. I think there's something about food growers that they just have a deeper connection with reality." ●

Ooooby – visit online at ooooby.ning.com



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Competition closes 5pm Friday September 17.



Open to New Zealand residents only. The winners will be notified by phone.

Paella with Clams and Chorizo Sausage

- | | |
|--|--|
| 20 large clams | 2 chorizo sausages, sliced ½ cm |
| 5 cups chicken stock, hot | 1 x 400 gram tin whole cherry tomatoes |
| pinch of saffron threads | 2 cups Spanish Calasparra rice |
| 4 tablespoons olive oil | 1 x 400 gram tin cooked chickpeas, drained |
| 1 large onion, chopped | 2 cups frozen broad beans, cooked and peeled |
| 3 cloves garlic, crushed | |
| 2 teaspoons sweet smoked paprika | To serve |
| 2 teaspoons finely chopped rosemary or thyme | lemon wedges and flat-leaf parsley |

Soak the clams in cold water for 10 minutes. Drain. Infuse the saffron threads in the chicken stock. Heat the olive oil in a paella pan over a medium heat. Add the onion, garlic, paprika, rosemary and chorizo and cook until the onion is soft.

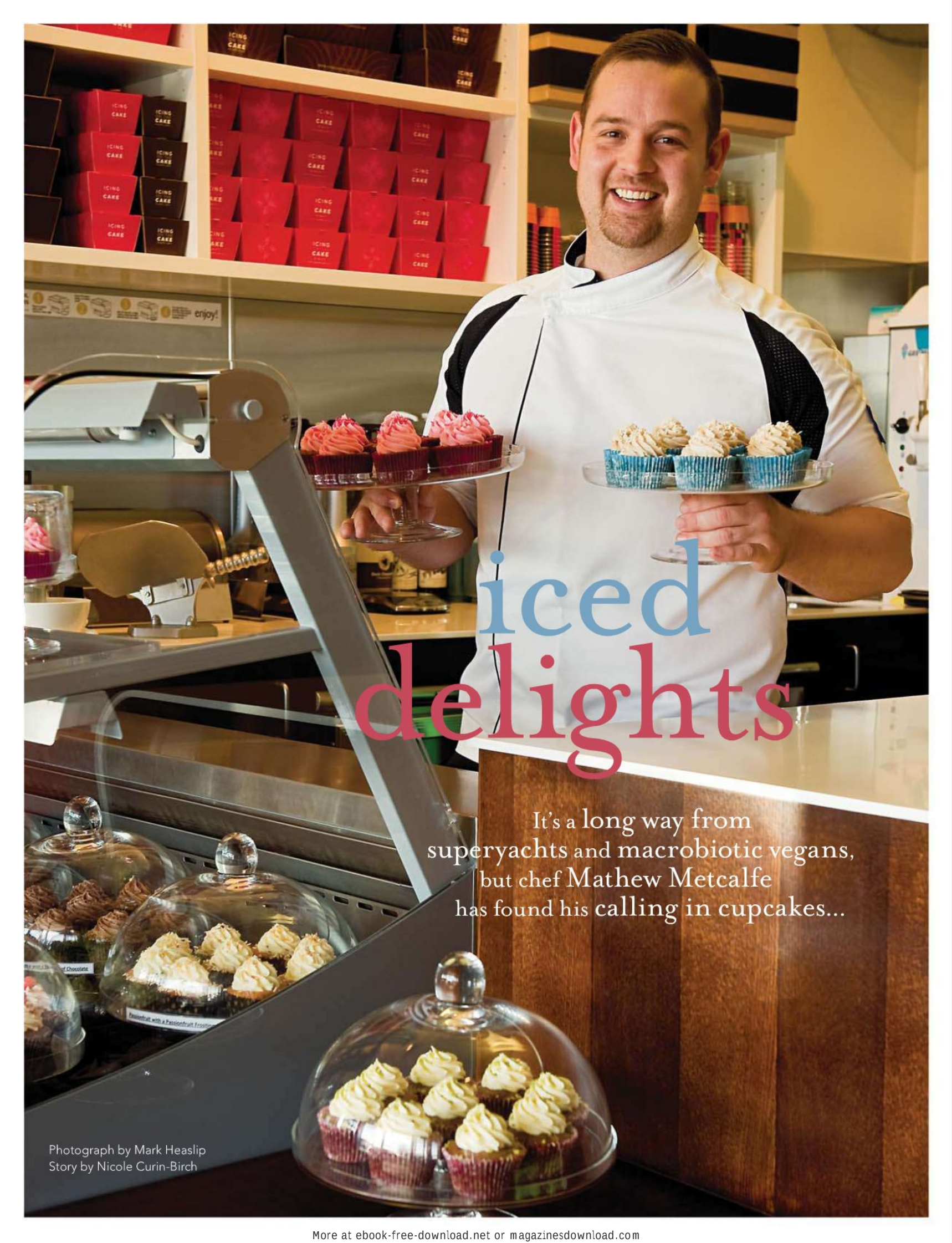
Stir in the stock and tomatoes, season and bring to the boil, scraping the bottom of the pan. Add the rice, chickpeas and ¾ of the broad beans and reduce the heat to a gentle simmer. Simmer uncovered for 10 minutes. Add the clams, tucking them slightly into the rice and cook for about 10 minutes.

Test the rice and when done to your liking, remove the pan from the heat. Scatter with the remaining broad beans and cover loosely with a piece of aluminium foil. Leave in a warm place for 10 minutes.

To serve: remove the foil and garnish with lemon wedges and flat-leaf parsley.
Serves 8



BOSCH
Invented for life



iced delights

It's a long way from
superyachts and macrobiotic vegans,
but chef Mathew Metcalfe
has found his calling in cupcakes...

Photograph by Mark Heaslip
Story by Nicole Curin-Birch

Fans of the television show *MasterChef New Zealand* will remember the controversial chocolate marquee challenge as being one of the most daunting of the series. The dessert was a masterpiece – comprised of a chocolate, orange and pistachio marquee, tuille biscuits, raspberry marshmallows, spun sugar, cooked rhubarb with syrup and vanilla bubbles – the contestants' faces fell when they realised they would have to recreate it from scratch.

However, for its creator, Mathew Metcalfe, making this gorgeous dessert was no big deal. He came up with the idea in less than half an hour – a doddle when compared with some of the culinary challenges he has dealt with in his professional life as a chef. Try devising elaborate banquets for a perfectionist macrobiotic vegan with an aversion to nuts and pulses, now that's a challenge. But it's one that Mathew says he was up for when he signed on for a month as the head chef aboard a yacht leased by Steve Jobs, co-founder of Apple and Pixar.

"I had to be pretty inventive," laughs Mathew, "but I was lucky because the budget was never an issue and I could access almost any ingredient I wanted. I learnt an awful lot about juicing, I can tell you. It was an amazing opportunity."

Take a quick flick through Mathew's CV and it becomes clear he isn't one to shy away from high expectations. Over the years he has been the personal chef, primarily on yachts, for business moguls such as the aforementioned Steve Jobs as well as Oracle founder Larry Ellison, dynastic families (such as the ones who established Absolut vodka) and members of the British aristocracy, all of whom had their own culinary quirks.

Now back in New Zealand, he has started his own business, Icing on the Cake, a boutique cupcake bakery that offers up wickedly frivolous confections that taste as good as they look. It's a far cry from the elaborate fare he was creating for his overseas clients, but Mathew says he was ready for a change. "I had gone as far as I could being a freelance chef and to be honest I was tired of travelling and committing myself to someone else's lifestyle. I want to come back, spend time with my friends and family and try something different."

It was while he spent some time 'going bush', ("fishing and hiking every day...") that Mathew came up with the idea of a bespoke bakery.

"I really liked the idea of coming up with a different sort of cake shop. I knew there were some great icons out there, but I wanted to create something smaller, a little more modern – a business that I could grow."

When he found the perfect spot on Jervois Road in Auckland's Herne Bay, he knew he was on to a winner. The shop, built in 1927, was in a bit of a state when Mathew took over the lease, but he threw himself into the task of smartening it up and has given it

such a facelift it bears little resemblance to its former self.

Taking pride of place in the front is a cabinet chock full of deliciously decadent cupcakes, each dressed as beautifully as the mannequins posing in the shop windows of the adjoining designer boutiques.

Mathew has come up with 14 different flavour profiles for the cupcakes, which he rotates according to season and whatever takes his fancy; they include Peanut Butter Goodness, Pippy Passionfruit, Tiramisu, Jaffa, Chocolate with Chocolate Frosting and More Chocolate. Sizes range from a mouthful to an entire

**Now back in New Zealand,
he has started his own business,
Icing on the Cake,
a boutique cupcake bakery
that offers up wickedly frivolous
confections that taste
as good as they look.**

morning tea, and he also creates larger celebration cakes, primarily for the corporate market. Once finished, each cake is carefully packaged in gorgeous purpose-built cartons, designed by Mathew's business partner, Dutch graphic designer Arjan van Woensel.

At the back of the shop Mathew has built a decorating station, where he both consults with customers and creates elaborate designs such as the Eiffel Tower-inspired wedding cake he made for a friend's recent wedding.

He has also branched out, launching a premium frozen yoghurt called Cone Kings, in which he uses Caspian Sea yoghurt culture, which is famed for its pro-biotic and anti-aging properties. He blends the yoghurt with fresh fruits such as green apple, pomegranate, apricots and mango.

He's also keen to put the frighteners on hopefuls in the second series of *MasterChef New Zealand*. "I'd love to go back on, it was heaps of fun. I've got a few more tricks up my sleeve for contestants if I get asked back too."

Let's hope for their sake he sets them a simpler task than that dreaded chocolate marquee. ●

Icing on the Cake – 188 Jervois Road, Herne Bay, Auckland.
Phone 09 360 9797. Visit online at icingonthecake.co.nz

a taste for apps

There's a whole new world of food fun and it's growing fast — MELINDA WILLIAMS gets into download mode



Clockwise from top left: Epicurious, Pocket Cocktails, Foodictionary, Where to Eat, Smart Chef Suite, iCloseby, Kitchen Calculator.

If you don't own an iPhone, you might well regard the world of 'i'-prefixed Apple products as a kind of technological cult peopled by latte-sipping 20-and-30-somethings who work in television or advertising. While that view is not without some justification, the iPhone (and its cousins, the iPod touch – a digital media player, and iPad – a book-sized media viewer) is much more than a high-status toy for urban creatives.

The key here is 'apps' or applications, the phone-based software programs designed to help or entertain the user. While most mobile phones come with a number of basic applications pre-loaded – a calendar, a calculator, a camera, and a few games, perhaps – the iPhone can access an almost incomprehensible number of applications, designed for every conceivable purpose. With the right iPhone app, you can check traffic cameras from your phone, follow the stats of your favourite sports team, compare currencies, gaze at a soothing koi-filled pond, apply special effects to your photos, generate unbreakable passwords or play adventure games. And if you're a foodie, you're particularly well catered to. From the kitchen to the supermarket, to five-star restaurants, there's an Apple app to suit all tastes.

The big-name chefs were fast to catch on to the possibilities of iPhone apps. Jamie Oliver, Nigella Lawson, Martha Stewart et al have their own mini recipe books, and

Gordon Ramsay even has a branded game, where you play a chef in his restaurant kitchen trying to avoid his wrath and keep up with his demanding pace.

The first place to start is in the iTunes store, under the 'Apps for Foodies' section, where you'll find dozens of games based around food, as well as apps that help you learn about food labelling, produce, ways to decrease food wastage, make healthy smoothies and even one that settles office arguments about whose turn it is to make the tea. But for every entertainment-based app, there's another that's actually useful.

Epicurious, the wildly popular food website, offers a free recipe directory app that makes choosing and shopping for a meal easy. After you enter the meal type (dessert, dinner party, snack, etc), dietary requirements (such as low-carb, vegan, low-fat) and a selection of ingredients you want to use, the app offers a selection of recipes. Once you've selected one, the app creates a shopping list, from which you can remove items you already have in your fridge or pantry, and tick the rest off as you go through the supermarket. **WholeFoods**, the US eco-grocer, offers a similar application that seems to have an inexhaustible supply of recipes, no matter which weird combination of ingredients you put in.

When you're home from your shopping mission and standing at the bench, **Kitchen Calculator Pro** is a brilliant tool for converting measurements. You enter the weight or volume specified, along with the type of ingredient from the comprehensive database, and the application will make the relevant conversion for you. And if you're using unusually sized pots, or trying to scale a recipe up or down to suit smaller or larger groups, it can do the calculations for you. At \$5.29, it's one of the pricier apps, but there

is a cheaper version (**Kitchen Calculator**) with fewer features, which goes for \$2.59.

Smart Chef Suite combines a kitchen calculator with a useful guide to more than 300 cooking terms, and an ingredient substitution guide. So when you don't have time to get to the shops, but think you can wing a recipe by replacing a few of the ingredients, this is the app for you. No buttermilk? Vinegar in milk will let you squeak through. Genius.

Home bartenders aren't neglected either. **Pocket Cocktails** (\$1.29) has gorgeous full-colour pictures of hundreds of cocktails, with easy step-by-step recipes. Drinks are categorised by season and style (classic, mocktail, creamy, tropical, shooters) and the application also contains tips and instructions for using bartending tools and preparing ingredients. And if you're in the mood for a surprise, just shake your phone and the app will generate a random cocktail suggestion.

There's a virtual world of apps for eating out, too. **Where To Eat?** can find you a restaurant to try in almost every city in the

If you're in the mood for a surprise,
just shake your phone and the app will generate
a random cocktail suggestion.

world, categorised by 45 different types of cuisine. And if you're in a foreign country, and the menu has some mysterious items listed, **Foodictionary** will translate more than 80,000 items into seven languages. Its only major drawback is the lack of Asian-language translations – if you've ever eaten out in China or Japan, you know the odds of accidentally ordering something that will stretch your food comfort zone are quite high. Perhaps the best solution would be to see if there's a fellow English-speaking foodie in the vicinity by switching on your **iCloseby iFob** app. This makes your mini-profile available to other iFob users nearby, so you can see if there's anyone around who you'd like to meet in real life... and maybe sip a latte with. •

STOP PRESS:

US magazine *Gourmet*, which was closed suddenly last year, is to be revived as an online app. "Gourmet Live" has been created for the iPad and iPhone and will be available later this year.

Dish magazine is also available for the iPad through digital magazine site Zinio. Simply visit online at nz.zinio.com/ipad

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Lamb Casserole – Persian Style

Fragrant spices and the fruity flavours of apricots and pomegranate add a hint of the exotic to this easy lamb casserole.



Prep 25 minutes
Cook 60 minutes
Serves 6-8

1.2 kg lamb shoulder cut into 4 cm chunks, excess fat removed
2 tbsp oil
2 medium onions, finely diced
1 tsp turmeric
2 tsp ground cumin
1 tsp ground cinnamon
1 tsp ground ginger
4 cardamom pods, roughly crushed to break the skin
2 tbsp tomato paste
2 tsp pomegranate molasses
500g **Essential Cuisine Lamb Stock** (2x250g pouches)
salt and pepper, to taste
1 cup dried apricots, halved
2 tbsp each fresh mint leaves and chopped pistachio nuts, to garnish

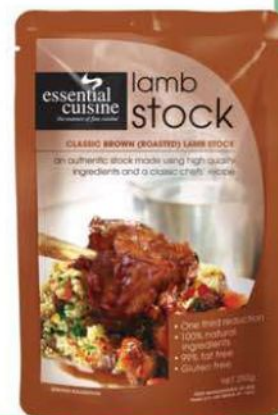
Heat 1 tbsp of the oil in a large heavy saucepan. Season the meat and quickly brown over high heat in batches. Transfer to a platter as it browns and put to one side.

Add remaining oil, then add onions to the pot and stir over medium high heat until lightly browned. Add spices, tomato paste and pomegranate molasses and stir over the heat for a further minute.

Mix in the **Essential Cuisine Lamb Stock**, stirring to lift all the pan brownings. Season to taste. Return the meat to the pot along with the dried apricot halves.

Cover and simmer gently for 40-45 minutes or until meat is very tender.

Serve garnished with 2 tbsp of torn mint leaves and 2 tbsp of chopped pistachio nuts. Accompany with rice and roast pumpkin wedges.



 **Recipe by
Annabel Langbein**

Look for us in the cold shelf or butchery department in leading supermarkets and fine food outlets or go to www.essentialcuisine.co.nz

what next for Ferran Adrià?

He is regarded as a culinary superstar and the world's most influential chef – so why is Ferran Adrià calling time on his restaurant?

VICTORIA WELLS explains...

Chefs don't come much more rock star than Ferran Adrià. The Spanish chef is hailed as the best in the world, and on April 22nd the foyer of Singapore's Capella Hotel thronged with a crowd of several hundred waiting for his first ever appearance in South East Asia.

Chef Adrià was the star attraction at the Singapore World Gourmet Food Summit and given that just three months earlier he had announced the temporary closure of his famed restaurant El Bulli, there was more than the usual anticipatory buzz.

"A lot of people talk about El Bulli, but most have never been."

El Bulli has become the stuff of culinary legend: it is the restaurant on Spain's Costa Brava that opens just six months of the year and is booked out a year ahead; the restaurant that has won the title of 'World's Best' five times; and the restaurant where Ferran Adrià's culinary creations first appear, and go on to inspire chefs the world over.

However, as Ferran points out to his audience in Singapore: "A lot of people talk about El Bulli, but most have never been."

It's not for lack of trying – with its season running from mid-June to mid-December, the 2010 bookings are already full and details of the 2011 season won't be available until December this year. Only opening for six months may seem like a stunt, but according to Ferran, they adopted the move in 1987 because clients dropped off over winter and they couldn't afford to stay open. Now, it gives him and his team of 40 chefs time to develop new ideas at the 'elbullitaller' – a special workshop in Barcelona, which he set up in 1998.

But in January this year, the 48 year old stunned the culinary world with his announcement that in 2012 El Bulli the restaurant will



Clockwise from above: Ferran Adrià; 'Spherical Potato Gnocchi with Consommé of Baked Potato Skin'; the dining room at El Bulli; 'Alphabet Soup'; Ferran Adrià in the kitchen at El Bulli.

Photography by Maribel Ruiz de Erenchun and Francesc Guillaumet.



close its doors and become El Bulli the Foundation – a think tank for gastronomic creativity.

Creativity is at the heart of everything Ferran Adrià does. He is regarded as a master for his revolutionary way of approaching ingredients. In Singapore he shows a film about the techniques used at El Bulli: liquid chocolate is plunged into iced water, allowing the chef to create an eerily beautiful forest of tree trunks on a plate; a leaf is shaped out of gellified mango and dusted with powdered basil.

"It's no secret," he shrugs. "The longer you spend on it the more things you get."

As with works in an art gallery, each piece has its own meaning and reference points – but these are works of art you get to eat. He is constantly pushing his own creative boundaries and the boundaries of what we expect from food.

"It's new, but not complicated," he explains through his Catalan translator. "That's a mistake people often make with El Bulli."

Although Ferran is renowned for his use of techniques such as creating foams from unexpected ingredients, or creating edible spheres from others, (such as melon caviar) he rejects the notion his food is based on science.

"There is a very mistaken image – I'm sure a lot of you thought there would be a lot of scientific instruments, but it's a very artisanal, hand-made cuisine. It's not about technology."

Having said that, he and his brother Albert (also a chef) have created a range of products called Texturas, based on the

techniques developed at 'elbullitaller'. (They are available in New Zealand through chef Simon Gault's company Sous Chef).

Another documentary made by his brother details 24 hours at El Bulli. The restaurant is surprisingly simple. It seats 50 customers and has 70 staff, including 40 chefs, to look after those diners. Guests are served a set menu of 30-35 courses (Ferran dropped the traditional a la carte menu in 2002 to allow for greater creativity), which takes into account any allergies or dislikes, and they receive the kitchen ticket at the end of the night as a memento.

The dining room is completely renovated each year, down to the dinner sets and cutlery. The documentary shows staff outside raking the gravel before the first guests arrive, and the procession of chefs entering the kitchen for the night's service. Forty chefs may seem an extravagance, but they are crucial with at least 1500 dishes to prepare.

Ferran's latest new idea will totally transform the place that began its life in 1961 as a mini golf course, then became a beach bar, and gradually grew into a restaurant. It has always been called



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DISH • PROFILE — FERRAN ADRIÀ

El Bulli (pronounced 'El BOO-yee') as the original owners had bulldogs, a breed known colloquially as 'bulli'.

Ferran started at El Bulli as a line cook in 1984, moving to head chef 18 months later. By 1990 he was a part owner and it was in the years to come that his unique approach to cooking and dining would gain international attention. In 2002 El Bulli won the title of 'World's Best Restaurant' and then again each year from 2006-2009. This year it dropped to second place, behind Copenhagen restaurant Noma.

Ferran Adrià generates €300 million in media coverage each year, (he has just been appointed Spanish Tourism's new Brand Ambassador), and comes across as very affable and almost bemused by the stir he causes at his appearances in Singapore. He spends an hour signing books after his documentary screening and poses for photos with Indonesian journalists following the press conference to explain the next step for El Bulli.

He says he has his sights set on new horizons. "I felt the structure at El Bulli needed to be disrupted. We have reached our limits and are looking for new challenges. It is not a restaurant, not a workshop. It is something that has never existed."

Once the restaurant finishes its 2011 season, Ferran will take time off to travel. He says learning more about Asia during his first trip to Thailand in 2000 was a major influence on his food.

"The change in 20 years will be unimaginable," he says. "The next revolution in high end cuisine is already happening – it's the meeting between East and West."

The private and non-profit Foundation will have its headquarters at El Bulli, which will be renovated for its new role, although the dining room will be kept intact. Ferran is adamant it is not a school, although 20-25 scholarships will be granted annually to chefs and front of house professionals to work with its creative team.

A press release issued by El Bulli says the Foundation's progress will be made available each year through books or multimedia projects, and in 2014 it will re-open for a specified period of time so the results of the creative team's work can be "sampled". However, at this stage there's no word on whether that means it will be open to the public for bookings.

"I know it sounds strange," says Ferran. "I don't expect you to understand it, even my team doesn't quite understand it."

He says he wants people from different disciplines to collaborate in the new venture, which he says will be "a Foundation for all avant-garde gastronomy lovers."

"In the last 15 years it's quite evident we've created a complete change in gastronomy, particularly in the Western world. One of my missions is to establish what will happen in the future." •

El Bulli – elbulli.com

Victoria Wells attended the World Gourmet Summit 2010 as a guest of the Singapore Tourism Board. For more information visit online at yoursingapore.com

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Photo by Anneliese Hough



by the glass

Yvonne Lorkin reports on chilled Sauvignon and the perils of leftover wine...

NO STOPPING HAWKE'S BAY

It's been ten years since Max Morton (Executive Committee Member of the Hawke's Bay A&P Society) and Gavin Yortt of Squawking Maggie Wines gathered a bunch of winegrowers together for a few beverages in a tent at the Hastings Showgrounds to acknowledge the success of the region's wines. Now, the Hawke's Bay A&P Mercedes-Benz Wine Awards is the ultimate glamour event in the region's wine calendar and officially marks the opening of the annual three-day A&P Show in October. Industry pundits at the time feared it might be difficult to sustain a regional wine show, but they're eating their words now that it's not only internationally recognised, but consistently attracts around 400 entries from 56 wineries, not to mention the hundreds of people who attend the gala dinner event each year.

In keeping with their regional colours, the theme this year is Black and White, which also gives Hawke's Bay girls like me an excellent excuse to wear those white high heels I just can't bear to part with. For tickets and information visit online at hawkesbaywineawards.co.nz

SHIELD YOURSELF

I'm told some people occasionally have leftover wine and worry about it going 'off'. Happily this never happens in my house, but those afflicted with this problem will be heartened to know help is at hand and it doesn't involve rubber stoppers, pump-action vacuum thingies or the strange practice of freezing it in ice trays for use in casseroles and whatnot. The Wine Preserva is

a plastic disc that's inserted into the neck of the bottle. It acts as a lid, which sits on top of the liquid allowing you to pour it, while preventing oxygen from coming into contact with the wine, meaning its aromas and flavours stay fresh for up to five days.

It's getting rave reviews from restaurateurs and bar managers who want to serve a range of wines by the glass, but minimise the risk of waste and spoilage. At around \$45 for a pack of 50 it is significantly cheaper than alternative products, simple and easy to use and won't contaminate or taint the wine. For details on where to buy visit online at brightidea.co.nz

COLD SHOULDER FOR SAUVIGNON

Auckland scientists studying the unique characteristics of New Zealand Sauvignon Blanc have shown that cold storage can triple the wine's shelf-life by reducing the loss of its characteristic tropical fruit aromas over time. Time and temperature are the two biggest influences on how a bottle of Sauvignon is appreciated, which is why we're always told to drink it early and keep it somewhere cool so it retains its gorgeously crisp, grassy, tropical flavours. So now it's official: "Our results show that wines in cold-storage retain their desirable characteristics for much longer, and this has important implications for how producers, exporters, retailers, and consumers handle their wines," says Associate Professor Paul Kilmartin, of the Wine Science Programme and Department of Chemistry at Auckland University.

The research proved that the level of decline in the all-important thiols and fruity esters for Sauvignon Blanc stored at five degrees was three times lower than in those stored at 18 degrees. Essentially, this means the chilled wines remained punchy and

crisp for longer, and those stored in 'normal' conditions often developed asparagus and canned pea characters prematurely. "Well-managed refrigeration could help to improve the consistency of quality wines sold here and overseas, and allow the wine industry to cope with changes in supply and demand from year to year," says Paul Kilmartin.

It also means that if you've been buying up bargain Sauvignon for summer, it would pay to find someone with a big fridge if you want it to be at its lip-smacking best come party time.

SELAKS ON SUNDAY

It seems rising food prices are threatening the future of our traditional Sunday roast and it's got the people at Selaks worried. Recent surveys have shown steep rises in food costs are likely to consign the roast to a rare household event within two decades. OMG! Having spent the past 76 years bringing family and friends together over good food and wine, Selaks is determined not to let the Sunday Roast become a faded foodie memory and has created a day in its honour: Sunday August 1st is Selaks National Roast Day. So get your beef in the oven, and you can wash it down with a glass of Selaks Winemaker's Favourite Pinot Noir.

OPEN THE GATES

Two Gates, a boutique organic producer, has launched a pair of certified organic red wines grown on its 18ha Gimblett Gravels vineyard in Hawke's Bay. Both the Syrah and Omahu (a blend of Bordeaux varieties) retail for \$55 and are from the stunning 2007 vintage, representing the first commercial release for the company. "We place very high value on our organic status," says Andy Nurse, Managing Director for Two Gates, "and we aim to craft rich, textural wines with minimal intervention both in the





From left: Two Gates Syrah and Omahu; Perry and Kingston Original Ciders.

grape growing and winemaking processes." Independent certification of Two Gates takes place annually, with the regulation and auditing of specific organic parameters for both grapes and wine undertaken by BioGro New Zealand Ltd. Visit online at twogates.co.nz

BRANCOTT ON WORLD STAGE

Thirty seven years after Frank Yukich planted the first grapes at Brancott, Montana's original Marlborough vineyard, its parent company, Pernod Ricard NZ, is taking the bold step of officially re-branding 'Montana' to 'Brancott' in its international markets. Montana has been exporting wines to the US since 1998 under the label 'Brancott' to avoid confusion with Montana, the north western state of the USA. Here in New Zealand the 'Montana' brand will remain on the Montana Classics range. Rebranding for their export markets was a logical progression, according to Pernod Ricard NZ CEO Fabien Partigiani, who also announced 'Brancott' has been confirmed as the exclusive wine sponsor for the 2011 Rugby World Cup. He says the deal will expose their broad range of regional wines to a vast global

audience. "This is absolutely huge for us, and we're looking forward to working with the NZ Rugby Union to maximise the opportunities this event promises."

NEW IN LINE

A pear-infused cider called Perry, and Kingston Original Cider have joined the ranks of the newly packaged range of boutique beers and ginger beers produced by Hawke's Bay Independent Breweries. Fans of experimental beer styles can enjoy tastings of special one-off brews known as 'On the Wood' beers at The Filter Room Ale and Cider house, their tasting facility on Awatoto Road near Napier. Visit online at thefilterroom.co.nz

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DISH PROMOTION



Monteith's goes wild

Monteith's launched its popular Beer and Wild Food Challenge for 2010 with a bang at Auckland restaurant The Abbey. Head Chef Eugene Sokolovski was the winner of the 2009 Challenge, and showed guests exactly how he had wowed the judges, with a five course dinner of wild food matched with Monteith's beers. Guests were first treated to poached deep-water fish, with pumpkin purée, green tomato chutney and sea salt. It was matched with Monteith's NZ Lager and was a tasty introduction to the rest of Chef Sokolovski's menu for the night.

Wild rabbit and ricotta lasagna was served with a sweet rhubarb reduction and matched with Monteith's Golden – the slightly sweet notes in the beer picking up on those in the rhubarb.

South Pacific flavours made their way into the next dish with a pear and taro gratin, and kawakawa foam accompanying orange-glazed pork fillet, and matched with the Monteith's Pilsner. It was the next dish that had the crowd talking though, stuffed quail with truffle and duck liver wrapped in filo, with creamy Marsala and mushroom sauce was presented to diners with two matches: the Monteith's Black and Monteith's Celtic. The smooth, dark Black beer complemented the flavorsome dish beautifully; however the freshness of the Celtic helped cut through the richness. Opinion on the best match was divided!

The meal ended on a lighter note with a crispy duck strudel and rose and apple mousse, with apple confiture – its obvious match was the Monteith's Crushed Apple Cider.

Chef Sokolovski certainly set the bar for the 2010 competition which saw restaurants from around the country put their best wild food and beer matching skills to the test.



Photo by Vanessa Wu



a season for everything

Catherine Bell reflects on the importance of seasonality

It seems that few people today have any idea at all about what foods are in season when. Seasonality refers to the time of year that a particular food is at its most abundant and ripe for harvest. That is therefore when it tastes the best and also when it will be at its cheapest.

Seasonal food has the ability to give pleasure and at the same time inspire curiosity. Each season brings something new – crisp salad leaves in spring, the intense flavour of strawberries in summer, the delight of field mushrooms in autumn and crisp roasted potatoes when it's cold outside.

It's interesting that our bodies still tell us that we need to eat lighter food in warm weather or more hearty fare in the colder months. We are still programmed but don't

before it went bad, it could now be rationed out over a long period of time. They learned that vegetables could be stored in cold cellars or frozen and that pulses could be dried, and fruit turned into jam.

We are now at the complete other extreme of things. Who needs to know how to pickle or preserve or salt, let alone slaughter and butcher a pig or grow something as food?

Many people, particularly those who have not grown up with any concept of food being seasonal, might well ask 'So what?' These are often younger generations, not just children but parents, teachers and chefs.

Whereas many of you reading this will instinctively know when the first asparagus will appear or when the new potatoes or raspberries will arrive, for many this is not

stored again and that they will never fully ripen or develop their true flavour or texture. Neither will they develop their full nutritional potential. After all, the moment something is picked its nutritional value starts to decline, so the sooner it is eaten the better it is for you.

I am possibly part of one of the last generations to grow up understanding the seasons as they relate to what we eat. Growing up in the late 1950s and 1960s one of my most vivid food memories is of the first strawberries – mainly because we always had them on my birthday in early December. From that point on we enjoyed them until the season ended sometime after Christmas at which point we switched to another fruit. And while each of these fruits were in abundance my mother spent long hours making jam, bottling and preserving so that we had plenty of fruit to call on over the winter.

In those days my mother didn't go to a supermarket (they didn't exist until the very late 60s). She instead shopped at the farm gate for produce or the greengrocer and grocer for basics, supplemented by my father's veggie garden.

I guess what is needed is some re-education. Projects such as the Garden to Table in schools project I am involved in and community gardens are helping and as the trend to 'grow your own' increases, so too will people's knowledge of the seasons.

For those of you who do eat seasonally there is a 'feel good factor'. Seasonal food is local food. Therefore purchasing and eating it helps reduce the energy needed to grow and transport food. It also reduces the cost of eating and waste, supports the local economy and most importantly reconnects us with the earth and nature's cycles and the sense of time passing. •

catherine@dish.co.nz

"Many people, particularly those who have not grown up with any concept of food being seasonal, might well ask 'So what?'"

always listen. What's that old saying – foods that take longer to grow are more warming than foods that grow quickly?

For millennia, until really quite recently, the seasons governed what most people ate. After all, food couldn't be preserved by primitive man, so people ate what was provided by Mother Nature in the area they lived. Hunting and gathering was essential.

Gradually, food began to be cultivated as people stayed in one place. They learned how to preserve foods for the cold winter months and migration provided a cross pollination of foods and ingredients such as salt, different cooking methods and preserving techniques such as the drying of fruit, the pickling of olives, cheese making or salting of meat. Where once a beast was killed and eaten within a short space of time

something they notice or in fact even care about. For them there will be no excitement or pleasure derived from that first crisp, buttery asparagus spear or that first waxy new potato.

They do not understand why, in this day and age they should limit themselves to what is grown locally. Why would they when they can have strawberries, asparagus and stone fruit in the middle of winter? After all, supermarkets look the same 12 months of the year so convenience and choice are the most important factors – eating what we want, when we want. It's also about size and uniformity of produce rather than quality and flavour.

Many people don't stop to think that those imported fruits have been picked green, days if not weeks ago, cool stored, flown thousands of miles to be cool



Vanilla, in all its forms, is such a common ingredient these days that we rarely stop to think about its origins or how it is produced. Vanilla grows in a variety of countries, all of which are within a 20 degree band either side of the equator, but it is in fact native to the Americas. Originally used as a fragrance, it was first adopted as a flavouring by the Mexican tribes on the Gulf Coast, and then of course was one of the many New World foods taken back to Spain by explorer Hernán Cortés in the early 16th century.

As the only edible fruit within the orchid family, vanilla is extremely labour intensive to grow and process, making it one of the most expensive 'spices' in the world today. New vanilla vines take three years to fruit, and then the pods (or beans as they are sometimes called) must be left on the vine for nine months to mature fully. Once harvested, they are dried and cured, until only 20 per cent of their original size, then sorted for size and quality and rested

cooking with... vanilla

for a couple of months to fully develop their flavour and aroma. Only then are they ready to be used or further processed into extract, paste or powder.

Vanilla pods: Buy plump, supple pods with a heady aroma and store airtight. To extract the seeds, split the pod down its length and scrape the seeds out, using the point of a knife. Don't throw the pod away, instead wrap it up and use to infuse a crème Anglaise or custard. After use, wash it, let it dry and then place in a jar of caster sugar, to create your own vanilla sugar. This can then be used for baking, replacing the need for extract. Discard only when the aroma has completely disappeared.

Vanilla extract: This is made by macerating chopped pods in alcohol at a low temperature for about two days before the liquid is filtered and aged. Look carefully at the labels of bottles called extract as quality varies greatly. The best extract is made from nothing but vanilla pods, alcohol and water. Others may contain sugar, corn syrup and colours. There is also a version made with glycerine instead of alcohol – often called 'vanilla flavour' and used mainly in food processing. It has a more viscous texture and is darker than extract.

Extracts vary in intensity depending on the degree of extraction. These are described as folds e.g. single fold (1x) has half the concentration of vanilla as double fold (2x). For most home cooks single fold is more than adequate.

The best extracts, both locally produced and imported, can be found at gourmet food stores and delis only.

Vanilla essence or imitation vanilla: This is an entirely artificial product made with synthetic vanillin, a by-product of the paper industry or a coal-tar derivative. There is also another that contains 'coumarin' – a toxic extract from the tonka bean. Most Mexican-made vanilla contains this banned carcinogenic substance. In my opinion these should be avoided at all cost.

Vanilla powder: This is usually a sugar-based product infused with vanilla extract. It is great for drinks where both a sweetener and a vanilla flavour is required. Again, check the label – there are many synthetic vanilla powders available.

Ground vanilla powder: Not to be confused with the vanilla powder mentioned above, this is freshly ground vanilla pod and is perfect for baking. You can make your own by grinding up a pod with some caster sugar in a spice grinder.

Vanilla paste: more of a thick liquid than a paste, this is generally a blend of concentrated extract and ground pods bound in corn or sugar syrup. It can be used instead of extract or ground vanilla powder as it has similar intensity of flavour.

VANILLA GOES WITH: almonds and pecans – banana – berries – cream – chocolate – duck – eggs – orange – pork – pineapple – pip and stone fruits – shrimp and prawns – other spices such as cinnamon and cardamom. •



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Photo by Nick Tresidder



behind the scenes

Struggling with ideas for dinner? Food Editor Claire Aldous explains how she finds inspiration each issue...

A question I am frequently asked is how on earth do I keep coming up with recipes? Especially now that we have done 31 issues of Dish and there are more than 1000 recipes in print.

Unfortunately there isn't a magic formula – if I knew it, I would be rich and retired and could happily be the foreign correspondent Food Editor from Europe.

My inspiration comes from everywhere: books, magazines, restaurants and the wonderful, seasonal farmers' markets that are now becoming part of our weekly shopping routine, and of course, travel.

Recipes aren't really something I feel you should own – I hope readers will take the Dish recipes and, after cooking them in my style, tweak them to leave their own mark.

Take comfort from the fact that I don't always have 100 per cent success with the first recipe test either, but with many years of experience and food knowledge under my belt, I have a pretty good idea of what the end result will look and taste like.

Even the most reluctant cook can, with a little care and effort, produce something delicious that everyone likes to eat – and as most people eat three meals a day why not make it an enjoyable experience?

The wonderful thing about cooking in New Zealand is that we can take recipes from around the globe and not feel that we have to follow them slavishly; although I must admit, this does upset some readers who feel I am tinkering with their heritage. With recipes handed down through the generations, there is often an unwritten rule that not a single ingredient should be changed – family recipes are written in stone.

When I sit down to write each issue, I take into consideration the season and stories that will make up that issue. I'll take the meat-based recipe section (pg 68) in this

issue as an example of how I go about putting them together.

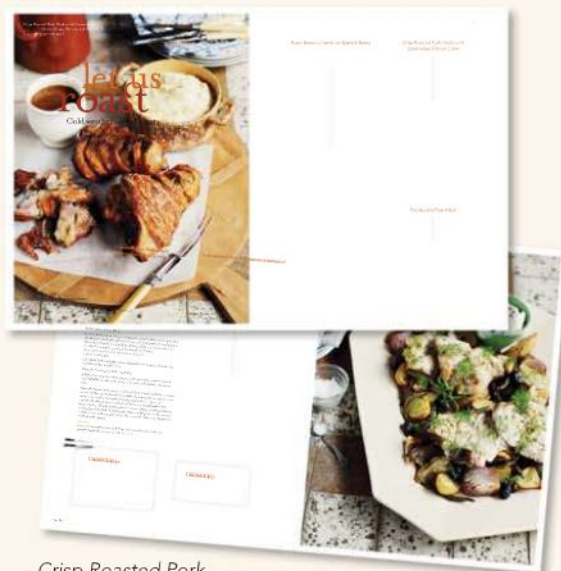
I like to have a cross-section of recipes from many cultures, unless of course, it is a single themed issue such as our ones based on Italy or Spain.

I drew on flavours from Asia, the Middle East, Spain, France and the Mediterranean. Cooking methods encompass braising and roasting, cooking in the oven and on the stove-top along with side dishes that can be used to accompany many of the other recipes in the magazine too.

Flavours can evolve as I'm testing the recipes. With the pumpkin couscous that accompanies the duck tagine, I first roasted the pumpkin in olive oil then realised I would have duck fat left from browning the meat. I then cooked another batch using the duck fat and it was just delicious, adding a level of flavour that complemented the tagine perfectly.

I have always loved the caramelised pork hock that Martin Boetz has on the menu at his Longrain restaurants in Australia. The method of braising then deep frying the pork hocks produces succulent meat with incredibly crispy skin. However, as I learnt in my domestic kitchen when trying to replicate this dish, some recipes don't translate well to home cooking. Trying to get the braised hocks dry enough to put in a very large pot of hot oil without it bubbling up over the side was not something I would encourage readers to try at home. Hence the Crisp Roasted Pork Hocks, still tender meat and crispy skin, but without the drama and vat of boiling oil.

The tips we put with the recipes are really helpful, especially if you aren't a confident cook. Sometimes they come about as a result of how a certain cut of meat or fish has reacted when I've cooked it. Two examples of this are the hapuka steaks



Crisp Roasted Pork Hocks pg 69, Roasted Fish pg 74

and the shin on the bone. Both have a very tough band of skin around the flesh. If you don't snip it in several places, the pieces will curl up and cook unevenly.

Without this tip, the finished dish won't look like the food in the photograph and believe me, there is no compromising on this point; I cook it, plate it and then we photograph it, closely followed by eating it! What you see in the photograph is how it came out of the kitchen. No tricked up food here.

The one rule I always apply is to buy the best quality food I can afford at the time. Seasonal fruit and vegetables will be dirt cheap and incredibly fresh. The humble carrot is one example. Apart from being boiled, it can be roasted, braised and mashed; layered in a gratin; used in soups; grated to make fritters and raitas; used raw in salads and in rice paper rolls. It will happily combine with Asian and European flavours to ring the changes.

And so onwards to creating the next 1000 recipes. Happy cooking. ☉

claire@dish.co.nz



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7 AUGUST COOK ISLANDS

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chop chop

A Sydney butchery takes
meat to a whole new level.
Take a look inside
Victor Churchill...

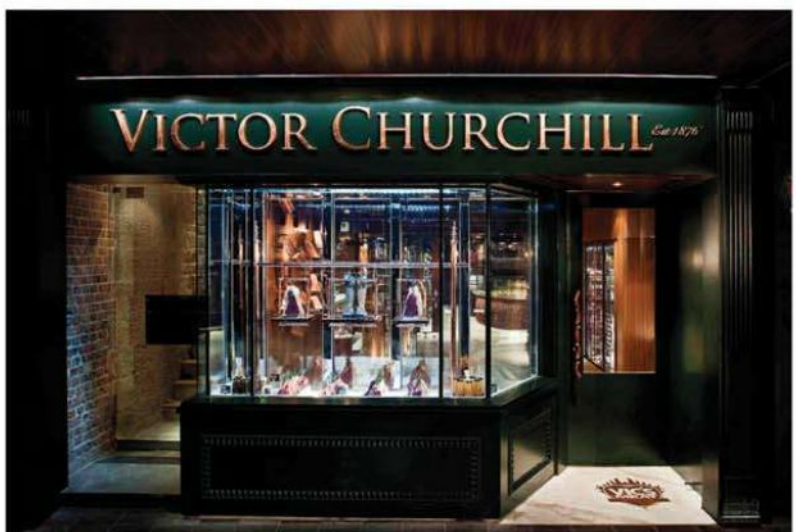
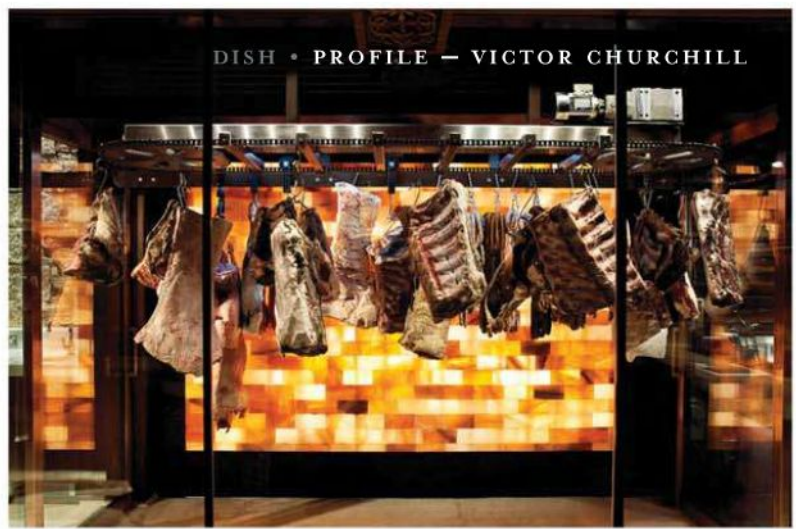
Victor Churchill is a spectacular butcher in Sydney's upmarket Woollahra. Owned by Victor Puharich and son Anthony of meat supply company Vic's Premium Quality Meats, it has taken the concept of a traditional butchery and brought it into the 21st century with meat displayed almost like art.

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A charcuterie counter offers artisanal meats from around the world such as Italian prosciutto and Spain's prized jamon Iberico de bellota. Victor Churchill also offers butchery and cooking classes. •

Visit online at victorchurchill.com

Photography Paul Gosney





What does this tick say?

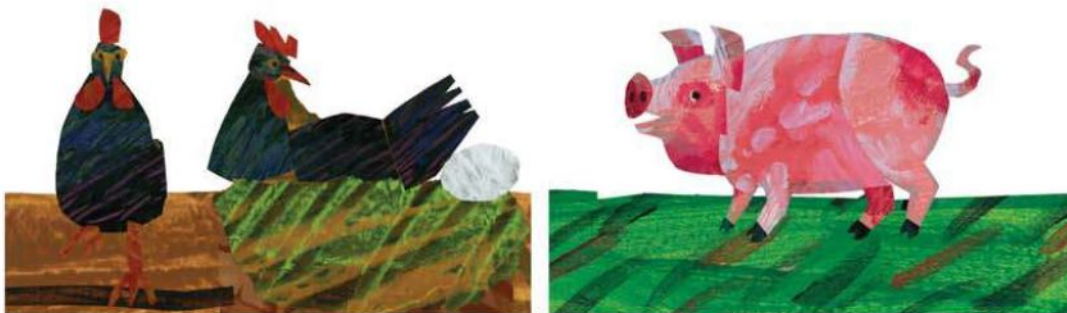
To ethical farmers, it says pride.

To other farmers, it says change.

To us, it says humane treatment.

To animals, it says a better life.

To you, it says trust.



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Every food producer that carries the tick is audited by the SPCA. It gives you the peace of mind that your food was produced without cruelty, and that the company has exceeded our strict ethical standards all round. If you care about the welfare of animals, please choose the brands that also care. Look out for the tick. Find out more at www.rnzspca.org.nz



Benniks Barn Eggs | Henergy Cage Free Eggs
Sunset Freerange Poultry | Pams Barn Eggs



meet the meat

Calling all carnivores – step inside and explore the world of meat. (Vegetarians look away now...)

Reuben Sharples of Aussie Butcher, New Lynn

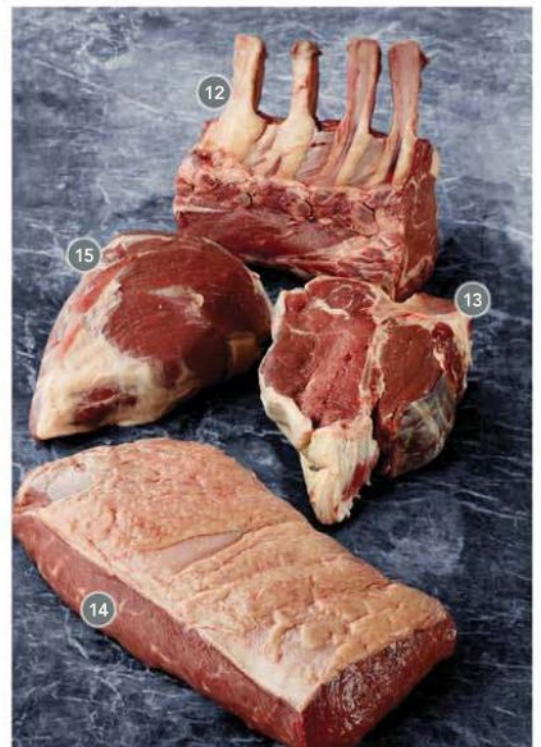
Photography by Manja Wachsmuth.
With thanks to Reuben Sharples at
Aussie Butcher, New Lynn.



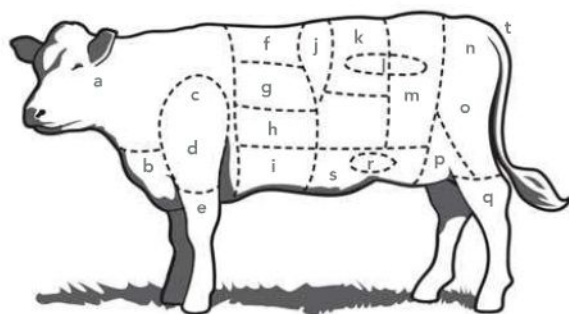
Hanging out for meat? There's so much more
to these animals than just chops and fillets...



Beef



Beef



- a. Cheek
- b. Brisket
- c. Blade
- d. Chuck
- e. Shin
- f. Rib eye
- g. Prime rib
- h. Spare ribs
- i. Brisket
- j. Wing rib
- k. Sirloin/striploin/Porterhouse/T-bone
- l. Fillet
- m. Rump
- n. Topside
- o. Silverside
- p. Thick flank
- q. Shin
- r. Flank skirt
- s. Flank
- t. Oxtail

SLOW COOKING

Short Ribs (1): the small rack of ribs from the flank. They can be cut long, shorter and stockier, or butterflied. Tender, meaty and versatile. Marinate and grill over charcoal, poach for a traditional Bollito Misto, or braise long and slow.

Tripe (2): the stomach lining from the first three stomachs of the cow. 'Honeycomb' (pictured) tripe from the second stomach is the most popular. 'Book' tripe from the third stomach is the most delicate taking less cooking. Usually sold bleached and blanched, pale and creamy coloured, ready for use. Seasoning and slow cooking is the key. Stew tripe slowly in tomatoes and onions, use in a gratin, or crumb and deep fry it.

Oxtail (3): an old favourite for oxtail stew or soup. Long cooking is required so the meat falls from the bone. Oxtail braises exceptionally well due to the ratio of bone, fat and connective tissue, yielding superb flavour and texture.

Cheek (4): the meaty cheeks of the beast. Often ignored, this inexpensive cut offers exquisite flavour and texture. Similar to oxtail, some patient trimming and slow cooking are needed. Ideal for a fragrant, rich Carbonnade cooked with onions and dark beer, Chilli con Carne, or beef cheek, olive and red onion pies.

Brisket (5): from the ribs around the breastbone. Great for adding flavour to soups, it is always included in pot-au-feu. Famous in Texas cooked slowly in a charcoal smoker using Hickory or Mesquite. Equally delicious braised, pot-roasted, and barbecued. An excellent cut for brining and salting.

Chuck (6): Inexpensive and flavoursome. Responds to moist cooking methods so braise with good stock, wine and aromatic herbs. Great for Cornish pasties, steak and kidney hotpot, or minced for Bolognese. Chuck contains plenty of collagen, which melts during cooking adding extra flavour.

Shin (7): commonly called **gravy beef** and sold as a boned piece, cut into cubes, or as slices across the bone from the foreleg. One of the best cuts for long, slow cooking due to its gelatinous qualities, adding a velvety texture to the gravy. See recipe for 'Braised Shin of Beef with Lemongrass and Coconut' pg 74

Thick flank (8): from the lower thigh just above the leg, you will buy this as braising steak or as a whole piece tied with string for roasting. Braising steak makes a good beef curry, or steak and onions in Guinness. Use plenty of liquid to keep both cuts moist and tender. A whole piece is best pot-roasted for two to three hours – a slow cooker is ideal.

Flank skirt (9): the diaphragm muscle between the ribs and hip. Lean, with long muscle fibres, and full-flavoured. Great fried à la minute and sliced across the muscle fibres, or stuffed and slowly braised to make beef olives (see recipe for 'Beef Olives with Cherry Tomatoes' pg 112), steak and kidney pudding, or fajitas.

Silverside (10): from the lower muscle of the rump, this cut has worked hard so long, slow cooking is ideal. It's the classic Kiwi corned beef, brined and boiled with peppercorns and bay. The layer of fat is essential for keeping the meat moist. Also good pot-roasted in a pressure

cooker with extra fat and aromatics.

Blade (11): from the shoulder. Can be tough but if handled well, surprisingly tender. Good for slow roasting (**Bolar Roast**) with or without the bone. **Under Blade** is best for braising. **Top blade** is more tender so suitable to pan fry. Look for marbled meat, with a strip of streaky connective tissue running down the centre of the steak.

ROASTING

Prime Rib (12): the cut for serious beef eaters, this comes from the back of the beast and contains the rib or scotch fillet. With fat and bone for flavour and moisture, good marbling in the fillet; and when aged, it's the best choice for roasting rare. Also called Côte de boeuf, or French-style with the bones trimmed 'rack of lamb' fashion.

Wing Rib: the cut containing the last three ribs at the front of the sirloin. A squat roast, lean at the core with good fat to keep the meat tender and flavourful, this is the traditional English roast beef. If the rib bones are trimmed it is known as a **standing rib roast**. Sear and cook slowly to serve medium rare after resting.

T-Bone (13): from the lower, middle portion of the back, it includes the eye fillet and sirloin divided by a T-shaped bone. A big steak with lean marbled flesh and good fat. Best when aged, grill to rare, medium-rare.

Topside (15): Slow roast, braise or pot roast with vegetables and a little stock. Serve medium-rare sliced thinly. Great for cold roast beef sandwiches, and for making traditional Italian 'bresola' (air-dried salted beef).

FAST COOKING

Rib eye (16): also known as **scotch fillet**, cut from the prime rib. Tender for pan-frying, barbecuing or grilling steaks rare to medium-rare. A fine piece of meat roasted as a whole juicy fillet too.

Fillet (17): also known as **eye-fillet**, **tenderloin**, **undercut** or **fillet mignon** when cut to a small, choice, round steak. Exquisitely tender, this piece of beef is highly prized though has less flavour than some other cuts. It's very lean so dries out easily, serve as rare as possible. Frying, grilling, flash roasting or raw are the best options. Ideal for carpaccio, steak tartare,



Venison



Boeuf en crôte, cold beef salads, or cooked whole and sliced with a classic shallot and red wine jus.

Rump (18): a cheaper cut as it's a bit chewier but still tasty and versatile. The meat is better for aging or marinating and juicier if the marbling is even. Cut the steaks about 3-4 cm thick and cook rare to medium-rare. Ideal for steak and chips and stunning with a mustard or blue cheese sauce. Also good for Stroganoff, hamburger patties and casseroles.

Sirloin (14 & 19): also known as **Porterhouse**. From the lower middle of the back, a whole sirloin includes the fillet or tenderloin. Roast it rare on the bone in its entirety; or de-boned, pan-fry, grill or sear as steaks. This is top quality beef ideal for making Boeuf Bourguignon, or slicing paper thin for beef carpaccio. It is also sliced thinly for schnitzel.

Liver: calf or veal liver is tender and delicate. Ox liver can be overpowering so soak in milk before cooking. Remove the membrane prior to cooking otherwise it will curl up. Liver and bacon has long been a favourite but try slicing thinly across the whole piece then flash fry or grill with plenty of garlic, freshly squeezed lemon juice and parsley.

Venison

Tenderloin/fillet (1): lean and tender, so treat it like all fillets with quick, minimal cooking. Cook whole, cut to medallions for pan frying, or butterfly into steaks to grill.

Short loin (2): best for steaks, medallions, cut to noisettes or quick roasted as a whole fillet

Denver leg (3): made up of four prime cuts: the **rump**, **topside**, **silverside** and **knuckle**. When trimmed of fat, sinew and silverskin, each of the primal cuts can be cut into beautiful, full-flavoured steaks for grilling, medallions for pan-frying or trimmed to fillets for flash roasting.

Rack (4): like a lamb rack with eight chops. Sear first, roast to rare, then rest and carve to individual cutlets.

Pork

SLOW COOKING

Hock or shank (1): the lower joint of the foreleg. Also known as the **knuckle** when smoked and cured. Lots of connective tissue, bone and tough-ish nuggets of

meat, the hock is full of gelatine and flavour. It lends body and richness to dishes like cassoulet, and pea and ham soup. Cooked slowly in stock or braised, the meat should fall off the bone. Can also be roasted. See recipe for 'Crisp Roasted Pork Hocks with Caramelised Onion Gravy' pg 69. The **fore shank** just above the hock, when slow roasted or poached, is a tender cut also good for chunky pork pies, terrines, sausages, rillettes and pâté.

Cheek (2): Ask your butcher for these, as they can be hard to find. Cook slowly – poached in a bouillon or braised in the oven, cheeks are meltingly good. Serve hot with a sauce, or cold for supper with pickles and chutney. Essential when making brawn or pâté de tête.

Belly (3): from the underside of the pig, streaky bacon and pancetta are not its only virtues. The thick end makes for very good roasting as a large piece with great crackling. Try in a hotpot braised in stout, slice to thick strips for cassoulet, cure then simmer with Puy lentils, or rub with Asian spices and slow roast.

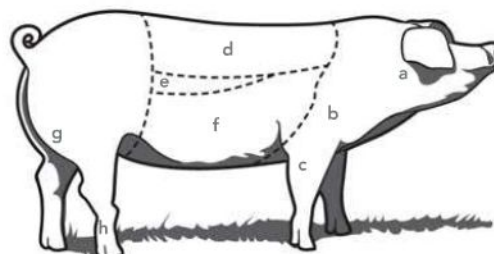
Trotters (4): pig's feet may appear to be just skin and bone, but offer much more. Add to broths to enrich and thicken. Cooked with stock and vegetables for 3-4 hours, trotters become deliciously sticky, gelatinous and sweet. Can also be boned and stuffed, pan fried and caramelized, or the meat removed and added to game pie or brawn.

Forequarter/shoulder (11): a whole shoulder consists of the **spare rib roast**, **blade** and **hand**. Each piece is usually butchered and sold separately. A **square-cut shoulder** (pictured) can be roasted with the bone in, or cut to **fore loin chops**. When boned it's delicious rolled, stuffed and roasted.

ROASTING CUTS

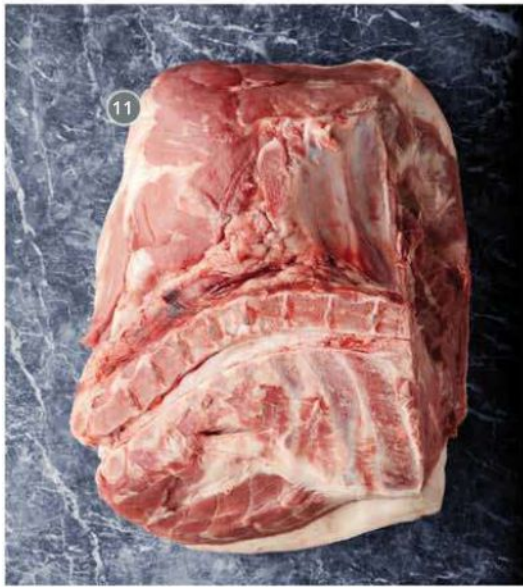
Leg/ham (5): a huge piece of meat usually brined for ham, and baked and glazed for special occasions, or cured for making prosciutto or air-dried hams. Take care though, the leg meat is lean and can dry out easily so gentle roasting is best with a final burst of heat to set the crackling.

Loin/rack (6 & 8): the ultimate pork roast made up of eight to ten ribs cut from the shoulder down, and the loin. The ribs are often 'Frenched' which means trimmed



- a. Cheek
- b. Forequarter
- c. Hock/shank
- d. Loin
- e. Fillet
- f. Ribs and belly
- g. Leg/ham
- h. Trotter

Pork



of any extra fat and meat. Boned out, the loin is superb stuffed and roasted. Cook slowly with aromatics like sage and apples or sauerkraut.

Scotch fillet (7): from the rib tenderloin, which can be prepared whole, both boned or de-boned, and cut into chops for pan-frying. Another slow roasting cut also good for pot-roasting or butterflied out to stuff.

Spare ribs (10): From the bottom of the ribs, just above the belly. Marinate in honey and soy and barbecue or roast.

FAST COOKING

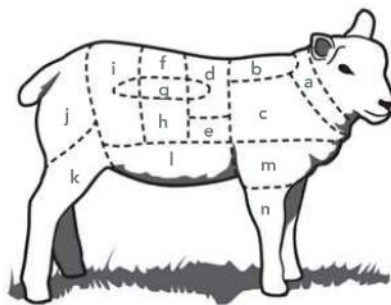
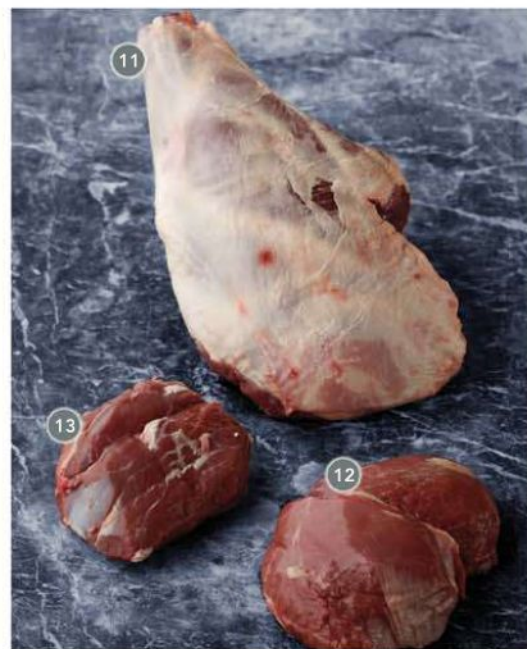
Fillet/medallions/tenderloin (9): the pork equivalent to fillet steak is lean and tender, so susceptible to drying out and toughening. Excellent for Asian stir-fries, sliced thinly into **escalopes**, pan-fried and

served with a sauce, or minced for laab, dumplings or Italian meatballs. **Noisettes** are cut more thickly and rounder than escalopes, trimmed of fat and pan-fried; they need a good sauce for moisture too.

Cutlets: either from the middle portion of the loin without the bone, or the middle of the leg where they are leaner but less tender. Sautéed, grilled or braised they can be dusted in flour or bread-crumbed before cooking. Cook quickly, even when braising, so they don't toughen.

Back fat: ask your butcher for this firm, moistening fat for making sausages, black pudding, salami, or for wrapping very lean meat to keep it moist (barding). It's the fat from the back, flank, ham and shoulder of the pig just underneath the skin.





- a. Neck
- b. Rib eye
- c. Shoulder
- d. Rack
- e. Spare ribs
- f. Strip loin
- g. Fillet
- h. Mid loin chops
- i. Rump
- j. Topside and silverside
- k. Thick flank
- l. Flap
- m. Breast
- n. Shank

Lamb

FAST COOKING

Mid-loin chops (1): These tender little chops have a tasty layer of firm fat and are perfect for light grilling.

Rack (2): a rack of lamb consists of three, six or eight rib eye cutlets 'Frenched', meaning the cutlet bones are trimmed of

all fat, sinew and meat but kept together. Quick-roasted or grilled as a whole piece, they can be carved and plated as individual cutlets or carved in sets of two or three per serve.

Strip/short loin (3): from the top of the back, trimmed of all its fat like a small fillet. Lean and tender, it is ideal for flash

frying or quick roasting. Season with spice rubs and slice for warm salads, or make kebabs for grilling.

Fillet (4): sits between the strip loin and mid-loin chops. This is the leanest, most delicate cut and requires little cooking. Seal and flash roast and slice pink, or mince for lamb kibbeh. Trimmed of fat and sliced into round baby steaks the fillet becomes tender, sweet noisettes.

Rib eye (5): the rib eye muscle from the back or best end of the neck. Roast whole or cut to steaks.

Thick flank/chump/rump (10 & 12): a small round nugget roast from the top of the leg weighing around 250 grams and enough for two. It can be a little chewier because of the grain of the muscle but has good robust flavour. Brown the outside in the pan, roast off in the oven briefly, then rest for 10 minutes. Delicious marinated with garlic, thyme and lemon juice or rubbed with Moroccan spices.

Kidneys (14): buy whole for freshness and remove the outer membrane, or ask your butcher to do this for you. They are tastiest braised, grilled or sautéed whole, or cut across their width into thick slices and sautéed until just pink. Or try classic creamy devilled kidneys, steak and kidney pie or kidney stroganoff.

Brains (15): delicate, sweet and delicious with a rich, creamy texture. Soak in cold water for 3-4 hours to clean. They make tasty fritters for pan frying or crumbed whole to deep fry. Try poaching them for five minutes in a bouillon (broth), drain and douse in flour, and pan fry in butter till crisp, with capers and sage leaves; or leave to cool in the bouillon, slice like carpaccio and serve with a robust vinaigrette, baby spinach or corn salad.

Liver (16): the secret is to buy it very fresh and slice it thinly, about 1 cm thick. Flash fry whole or grill until just pink. Serve with a garlicky mash and caramelised onions, or sauté in strips and serve with a creamy sauce folded through tagliatelle.

SLOW COOKING

Shoulder (6): a superb source of tender, succulent meat, especially good when boned and rolled. Stuff with chunky homemade tapenade or marinated artichokes, anchovies and garlic. Roast more slowly than you would a leg, for just a little pinkness in the centre. Carves beautifully without the bone.

Breast/flap (7): also includes part of the belly, it's fatty but versatile and economical. Roast slowly with pulses, or if boned, roll around a dried stuffing of couscous or millet and herbs to absorb the cooking juices and fat. Pot-roast or pre-poach first to remove some of the fat before roasting on a high heat for a crispy finish. See recipe for 'Roast Breast of Lamb on Spanish Beans' pg 69.

Neck chops (8): wonderful for long, slow cooking – the bone adding extra flavour.

Shank (9): a rich, gelatinous cut, the shank just below the shin transforms with long, slow braising in stock or wine with vegetables and aromatics, either on the stovetop or in the oven. Add citrus zest and anchovies for extra zing.

ROASTING

Leg (11): the classic lamb roast. A whole leg roast consists of the sirloin with hipbone or thick flank and the shank. When 'Frenched' the sirloin section is removed and the shank bone is neatly trimmed and exposed. Boned and butterflied, it's a good cut for cooking on a covered barbecue or pot-roasting. Oil and salt the skin before cooking and sit it on a layer of thickly sliced potatoes, garlic and herbs. Serve pink.

Spare ribs: Ideal for slow roasting or grilling. Marinate (try Moroccan spices, or garlic, rosemary and honey) before slow roasting until crispy and caramelised.

Topside (13): a chunky, lean mini roast for four from the top or back of the leg roast. Roast on the bone or remove the bone and stuff. With the bone in and sliced, you'll get tasty **leg steaks** for grilling, chargrilling or pan frying.

Duck

Breast: look for deep, dark lean breast meat off the bone with a substantial layer of fat on the upper side. Score the skin with a sharp knife and rub both sides of the breast with salt. Cook skin side down in a medium-hot pan to rare like steak, then slice as you would a fillet. Can also be salted and slow roasted or thinly sliced in strips lengthways for stir-frying.

Suprême (2): the breast and trimmed wing together. Perfect for slow cooking. Braise gently in stocks or wine with full-flavoured vegetables like shallots, leeks and aromatic herbs – bay, rosemary, sage and thyme are all excellent with duck.

Leg and thigh (1): trimmed of fat and 'Frenched' at the ankle, this is the ideal cut for confit of duck, for roasting and braising. Serve the meat on the bone or shred to make a saucy ragoût.

Tenderloin/fillet: The slim, tender fillet from underneath the breast. Sauté quickly and serve with a creamy sauce, stir-fry or flash fry on the barbecue.

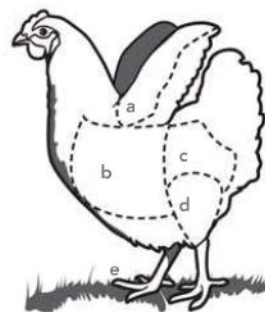
Livers/foie gras: the fattened liver of duck is called foie gras in France and used to make a pâté by the same name. It is also prepared fresh, sliced and seared in a hot pan. We can only buy the pâté in tins or jars in New Zealand from specialist food stores. It is also referred to as 'Bloc de foie de canard'. Serve sliced as an entrée with a bitter green salad and plain warm toasted brioche. New Zealand duck livers make tasty pâté or pan fry them with garlic and parsley for eating on toast.

Chicken

Breast: sold individually off the bone, with the skin on or off. Tender and lean, the breast is ideal for pan frying, stir-frying, grilling or chargrilling, and flash roasting. When roasting or barbecuing leave the skin on, so the meat doesn't dry out. For delicate poaching, remove the skin. Rub with olive oil, fragrant spices and grill or pan fry before slicing; or butterfly and stuff with aromatic herbs, brown and finish in a hot oven. **Suprême (4):** a single boned breast with the trimmed wing. A stylish cut well suited to rapid cooking. Brush with butter and flash-roast in the oven or a covered cast iron casserole dish. Good for grilling or light poaching too. The breast can be stuffed prior to cooking.

Tenderloin/fillet (8): the small, tender fillet taken from just under the breast. Often comes as part of the breast. Very lean so requires minimal cooking. Quick sautéing, stir-frying or grilling is recommended. Great for warm salads.

Maryland (3): in New Zealand this refers to a cut of chicken comprising the thigh



a. Wing
b. Breast
c. Thigh
d. Drumstick
e. Feet

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Duck & Chicken



with the leg attached. Excellent for braising, roasting or barbecuing; the dark meat and bone guarantees extra flavour and moisture. Can be boned and stuffed.

Thigh (5): sold on or off the bone, and with or without skin. Dark, tasty meat that can stand a little more cooking. Suitable for gentle braising, chicken curries, aromatic tagines and marinating for the barbecue. Try minced for chicken sausages or Asian dumplings, rough chopped for terrines and chicken pie.

Drumstick/leg (10): lower portion of the leg with darker, tasty meat around the bone. Ideal for braising in wine or stock with onions and carrots; for curries or tagines, or marinate and barbecue.

Feet (6): a textural delicacy. Boiled, deep-fried or steamed first, they are usually braised or stewed in rich sticky sauces, marinated then grilled or added

to soups. Sometimes duck feet are used instead. They also make very good stock.

Livers (7): most commonly used for pâté, mousses and terrines. Also excellent pan fried or grilled with butter and garlic for a warm, winter salad. Look for bright, glossy livers for freshness. Available frozen too.

Wing (9): a great snack or cocktail nibble trimmed to their thickest part. Marinate in Asian or Moroccan spices and fry, roast, barbecue or chargrill.

Text by Sarah La Touche
Photography by Manja Wachsmuth
Illustrations by Malcolm White

Meat for photography kindly supplied
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coming up roses

Gourmet Direct celebrates 18 years in your kitchen

Chef Al Brown's Rose Veal and Honey Liqueur Sauce

12 x Gourmet Direct Rose
Veal Medallions

Sea Salt and Fresh Black
Pepper
Cooking Oil
Honey Liqueur sauce

Honey Liqueur Sauce
2 Tbl Butter
1 Tbl Fresh Thyme leaves
1 Bay Leaf
½ Cup Shallots
¾ Cup Honey Liqueur
1 Cup Veal Glaze
½ Cup Cream

Pre-heat your oven to 160 degrees

Honey Liqueur sauce:

Place a small saucepan on medium low heat.

Add the butter, fresh thyme leaves, bay leaf and shallots.

Cook for 5 minutes.

Now add the Honey liqueur and reduce the liquid by half.

Pour in the meat glaze and the cream, turn the heat down low and cook out for a further 5 minutes.

Remove from the heat and strain off the solids and discard.

Keep the sauce warm.

Rose Veal Medallions:

Place a skillet or sauté pan on medium high heat.

Season the veal medallions with sea salt and fresh black pepper.

Add a little oil to the pan then add half the veal medallions.

Cook for a couple of minutes on either side until golden, remove and place on an oven tray.

Repeat with the remaining medallions.

Place the veal medallions in the oven and cook for 5 minutes.

Remove and rest.

Gently heat up the sauce in a small saucepan over low heat.

To plate: Arrange Veal medallions on each plate.

Spoon over the sauce and serve with a green salad or steamed vegetables. Serves 6

When you're creating a masterpiece in the kitchen you need to know the ingredients you are using are top quality.

Gourmet Direct understands what you need; in fact that is why the company was launched nearly 20 years ago and continues to be this country's premium online gourmet meat store.

Born out of a pioneering desire to provide New Zealand food lovers with vacuum packed, premium meat products direct to their door, this was a brave and innovative step at a time when it was otherwise impossible for home cooks with a discerning meat palate to find high quality "cute cut" meat products.

But the move paid off and 18 years later Gourmet Direct is the leader in the gourmet meat market, supplying 100% New Zealand grown, hand-picked products to "foodies" throughout the country.

Consistency is paramount

The key to Gourmet Direct's success is consistency. Customers are guaranteed top quality and know the products they receive will be cut and trimmed in exactly the same way, from the same grade of animal, every time they order.

This consistency also appeals to top establishments of the restaurant trade, a strong supporter of Gourmet Direct, which has assisted the careers of many well known New Zealand Chefs over time.

Rose Veal

Gourmet Direct continues to be a pioneer. When consumers said they wanted new and different "quick cook cuts" Gourmet Direct listened – producing this country's first chilled year round supply of premium Rose Veal. The range offers something new to top chefs and food lovers throughout the country.

Gourmet Direct's Rose Veal is the latest innovation on the New Zealand market and represents years of research to develop specific feed and careful rearing programmes to optimise the flavour and texture of the meat.

It is high in iron and low in fat – a welcome arrival for increasingly health conscious consumers.

Rose Veal's sweet beef flavour, coupled with its soft juicy texture makes it quite unique and requiring little accompaniment to impress.

Simply cook it from room temperature, searing gently for fry cuts, then finishing in a slow oven at 160 degrees Celsius.

With consumers demanding more "quick cook cuts" Gourmet Direct is on track to deliver with plans already underway for further micro-processing, consumers can be assured of more new and exciting meat cuts in the future.



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Steak – degrees of 'doneness'

Judging when a piece of meat, whether large or small, is 'done' can be challenging. Smaller cuts can be judged by the feel of the meat as follows:

Blue: the inside looks raw but is hot – feels completely raw to the touch.

Rare: red in the centre with plenty of red juices – feels almost raw to the touch.

Medium rare: slightly paler red in the centre – less free flowing juice.

Medium: pink in the centre, juices set – feels firm but resilient.

Well done: cooked completely through but still juicy. No sign of any red juices or red flesh – feels very firm.

Give it a rest

All meat that has been cooked quickly, i.e. roasted, fried or grilled, benefits from resting for some time after it is removed from the heat. Resting allows the meat's fibres to relax and for the juices to distribute evenly throughout it. Small or thin cuts of meat such as lamb cutlets or steak should rest for at least half their cooking time. Large cuts can be rested up to 20-30 minutes and will still be hot when carved. Lightly cover resting meat with a piece of baking paper and then a clean tea towel. If you cover it tightly with aluminium foil for example, the meat will continue cooking in the trapped heat.

For tenderness it is important to carve meat across the grain. Generally, no matter whether you are slicing up a raw steak for a stir-fry or carving a roast this will be across the shortest length of the cut.

Paddock to plate

farming: This relatively new concept allows consumers to buy their meat directly from the farmer who has raised it. At farmers' markets all around the country you'll find beef, sheep and pig farmers selling their own meat. Keeping a few animals back, they have them butchered and packed ready to bring to market. Here, they can talk to the end user, get their feedback and often take that information to make improvements across their whole herd.

tips for top meat

By Catherine Bell

The best way to establish if a large cut is ready, is to use a **meat thermometer**. Insert it into the thickest part of the cut periodically for an accurate reading. Most good thermometers come with a guide which tells you what temperature for what degree of 'doneness'.

Why age meat? Aging meat allows the muscles, which have contracted after slaughtering, to relax and soften. The longer the aging the more tender the meat will be. Traditionally, meat has been dry-aged. This entails hanging the meat in a well ventilated, controlled temperature environment of between 2-8°C so the meat neither freezes nor spoils in heat. Humidity of around 85 per cent is also needed to ensure the meat doesn't dry out. The meat will benefit from hanging for about 10 or 11 days and will continue to improve in flavour and tenderness for some time. This is an expensive process which is reflected in the price as butchers seek to recover the cost of the weight loss that occurs and of course the costs associated with storing the meat for a long period. However, it can be well worth the extra cost to buy a superior product. Some aging will occur in vacuum packed meat also.

Avoid piercing meat when it is cooking – this allows juices to escape and the meat will not be as succulent.

Chicken must be cooked completely so that the juices run clear. Test a whole chicken by piercing the flesh at the thickest part, although I prefer to wiggle the leg. If it moves freely it is cooked completely.

Always bring large cuts of meat to room temperature before cooking.

Useful terms

Marbling: refers to the distribution of fat through beef. The degree of marbling varies depending on the breed, with Wagyu beef the most highly prized for its fine and extensive marbling.

Wagyu: a breed of cattle from Japan that is revered for its fine marbling, flavour and tenderness. To develop the marbling the beef are fed a special diet which includes grain and beer. Wagyu beef is graded according to its degree of marbling and is consequently the most expensive meat available. Fortunately, because of its richness, it is served in small portions.

Milk fed lamb: true milk-fed or 'baby' lamb is un-weaned lamb around 5-6 weeks old and 7-8 kg in weight that has not eaten grass. The meat is pale, sweet in flavour and very tender. Spring lamb is new season's lamb around 3-5 months old and may be un-weaned but will have also eaten grass. The meat is darker than milk fed, but pink rather than red. It is usually available from late winter onwards. Both can be roasted carefully as there is little fat to protect the meat.

Veal: this is the meat of a calf, traditionally fed only on its mother's milk and no more than about 12 weeks old before slaughter. The meat is creamy in colour, very sweet and tender. It is prized for dishes such as vitello tonnato, Veal Marsala and Veal Parmigiana. Calves that are older and have also been grass fed, have pink or reddish flesh, and are known as rose veal.

The local butchers

Reuben Sharples – Aussie Butcher, New Lynn, Auckland. Butcher for 16 years.

Reuben's mother was adamant that if he wanted to leave school at 16, he had to have an apprenticeship. He opted for butchery and trained in Waipu. Since then he's worked at London's Macken Brothers Butchery where regular customers were Jamie Oliver and Nigella Lawson. He returned to New Zealand where he bought his first shop at 28.

On what's popular: "In winter we sell a lot of lamb shanks. A lot of skirt and shin on the bone, and we get Brazilians coming in for the cap of the rump for making 'picanha'. And cuts for crock pots and slow cooking. You can cook anything in a crock pot."

On why he loves his job: "I like talking to people. Butchers have a bit of a warped sense of humour! Sometimes I think it'd be cool to wear a suit, but I'd hate to be in an office."

Chris Timbs – Peter Timbs Meats, Christchurch. Butcher for 20 years.

Chris comes from a long line of butchers. His great-great-great grandfather, Samuel Timbs, ran Timbs Butchery in England in 1876. Samuel's son emigrated, opening a butchery in Whakatane in the 1930s. Chris trained in Germany, taking over the family business in 1999. Last year Peter Timbs Meats won NZ's Best Bacon and Best Sausage.

On butcher shops: "I've seen a lot of butcher shops disappear over the years, due to the supermarkets, but they're starting to come back to a certain extent. As long as you've got a different angle and do stuff the supermarkets can't do..."

On the most underrated cut: "Blade steak, when you're making casserole, that gristle you see in the middle turns to gelatine and gives a really nice flavour. A lot of the young ones are a bit hesitant about using it; but for casseroles those blade steaks are beautiful."

Dave Rossiter – Westmere Butchers, Auckland. Butcher for 36 years.

Originally from just outside London, Dave has been in New Zealand for around 14 years. He's owned Westmere Butchers since 2000. It's been a butcher's since 1923, when the local meat works were at the bottom of the street.

On what makes a successful butcher: "Do things right and you're going to get people coming back, cut corners and, well, people can go anywhere for that. It's just good quality meat and if they want anything made we can do it for them."

On the importance of aging meat: "In a perfect world it hangs for 14 days. It helps improve the meat, breaks down the fibres, tenderises the meat. But if the meat's ropey to start with, you're never going to make it good."



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terroir, not terror

Chef Jonny Schwass on the importance of taking time to know your meat

As a chef I am often asked what I most enjoy cooking. The answer is simply: meat. The symphony of the sizzle as a slab of beef hits a hot pan, the chemical reaction between the amino acids and reducing sugars, and finally the basting with butter brings a smile to my face every time. Cooking is the final stage of a long process to get that tasty portion of flesh to the end of your Laguiole steak knife. Sadly, it is a process that not everyone understands and often does not want to.

At Restaurant Schwass we always aim to buy a carcass in the purest form we can. If it once roamed the earth, it comes to the restaurant whole, so we can look the beast in the eye and appreciate that this was a living creature and has had a good life. All the kitchen staff have become competent butchers, giving them a greater respect for the ingredients – they understand the importance of using the whole animal and the relationship between cook and food becomes closer.

We are also lucky to have the luxury of a large chiller space, giving us the flexibility to hang whole beasts, and often for longer than many butchers. Dry aging is an important process for meat, and one frequently overlooked today for reasons of economy. It enhances beef in two ways: evaporating moisture from the muscle, creating a greater concentration of beef flavour and taste, and allows the beef's natural enzymes to break down the connective tissue in the muscle, making the meat more tender.

However, no matter how well a piece of beef is aged, seasoned, cooked and rested, a good cook can never mask a bad piece of meat. So as a cook who cares, I am constantly searching for a greater understanding of where the meat we

serve comes from and how it lives before it becomes our dinner. This is not a trend, it's simply what I call 'whole animal sensibility'.

We are supplied with our beasts by a growing collection of reputable flesh-mongers and farmers who understand our exacting standards and our search for ingredients that are perceived as being a little different. We aren't trying to be contrary for the sake of it, rather it is our goal to reconnect people with the culture of agriculture. We need to place more worth on where our food comes from and

obligation to eat the whole thing – not just the tenderloin piece that doesn't look much like part of an animal – but everything: the head, the toes and all the bits in between. As we have become more adventurous with what we serve at the restaurant, I find the lesser known cuts of an animal are better received. A few years ago I would have been hesitant about serving tongue, but it's now a regular feature. We have featured duck hearts as a Bolognese, dressed a sirloin with chunks of bone marrow, and offered a romantic

**“Are we so separated from our food
that we no longer understand
that animals die so we can eat?”**

the link between something that tastes good and something that lives well. We understand this concept with wine. The results of good viticulture are obvious in the glass, but why is it we often place more importance on the life cycle of a grape than a living animal? Why, for example, do we accept that hundreds of tons of anonymous pigs are shipped from Canada so we can have cheap bacon? Are we so separated from our food that we no longer understand that animals die so we can eat?

I make a point of knowing where all our animals come from; I am more concerned with where it's from, than what it costs and I want to know the people who tend to these animals as they grow. I know these animals have had a good life, and I know this because it is quite possible that I ate their parents.

If we are prepared to kill an animal for the purposes of eating it, then we have an

roasted pig's head for two. So, if you enjoy the flavour of good meat I suggest you trust a good restaurant and step outside the tenderloin and try the other tasty bits. If this is something you struggle with then perhaps you should stop eating meat and leave the good stuff for the omnivores.

As much as I love meat, I need to know that the animals I have played a part in killing have had a nice life. We will never serve you baby animals. Our menu will never feature little chickens, young veal or suckling pigs. I have to admit I pick vegetables far too young as miniature herbs and leaves are delicious, but to eradicate young animals simply for tenderness is wrong. I will not cook animals that have had their diet manipulated so they taste different, or so that certain internal organs will swell to exploding. I want the food I cook to taste of its place, I want it to taste of the land it roamed. I want terroir in my meat, not terror.

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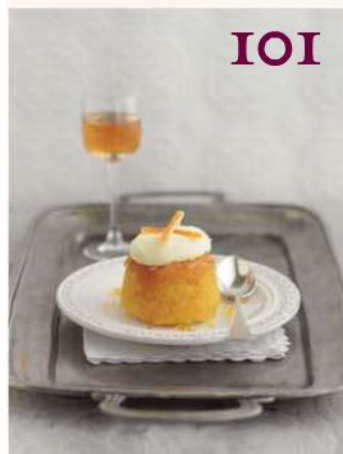
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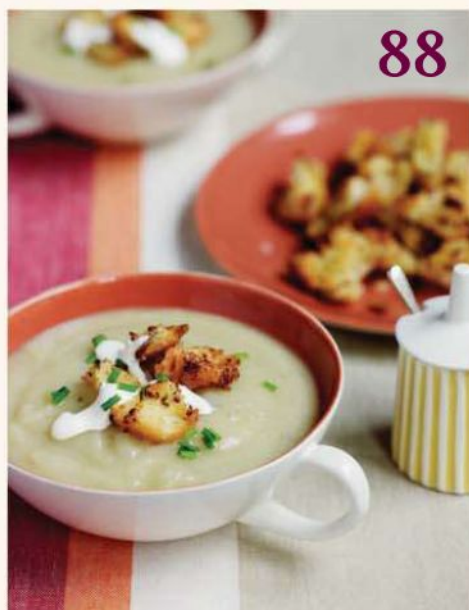
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101



88



108



75

recipes

What we're cooking
this issue...

68 LET US ROAST

Hearty roasts and braised dishes

79 RAY OF LIGHT

Citrus cheers up wintry weather

85 WINTER WARMERS

Delicious soups for cold days

93 SWEET SURRENDER

Puddings and cakes to tempt

104 EASY EVERYDAY

Simple dinner solutions

Recipes and food styling by Claire Aldous and Pippa Cuthbert
Styling by Lisa Morton and Catherine Bell
Props by Lianne Whorwood
Drink matches by Yvonne Lorkin
For where to buy see pg 129

Recipes and food styling by Claire Aldous
Photography by Aaron McLean

let us roast

Cold weather calls for hearty
roasts and braised dishes



Roast Breast of Lamb
on Spanish Beans

Roast Breast of Lamb on Spanish Beans

Breast of lamb is an economical cut, also called lamb flap. It doesn't have a lot of meat, but when combined with the stuffing makes a delicious meal.

2 boneless breasts of lamb, approx 500 grams each	Spanish beans
2 tablespoons olive oil	2 tablespoons olive oil
	1 onion, diced
Stuffing	1 carrot, diced
2 cups packed spinach leaves	1 medium leek, thinly sliced
3 fresh chorizo sausages, about 200 grams, skins removed	2 cloves garlic, crushed
½ cup fresh white breadcrumbs	2 bay leaves
¼ cup chopped flat-leaf parsley	1 tablespoon sweet smoked paprika
¼ cup pine nuts, toasted	1 teaspoon ground cumin
	2 x 400 gram tins cooked chickpeas, drained and rinsed
	1 x 400 gram tin crushed Italian tomatoes
	1 cup lamb or chicken stock

Preheat the oven to 180°C.

Stuffing: Put the spinach in a bowl and cover with boiling water, turning to wilt. Drain and refresh under cold water. Place in a clean tea towel and squeeze out the excess water. Chop finely and place in a bowl with the remaining ingredients, combining well.

Lamb: Place the lamb skin side down on the bench and trim off any excess fat. Season and spread half the stuffing evenly over each piece of meat. Roll up from the shortest side and tie with kitchen string to secure.

Heat an ovenproof sauté pan with the olive oil and brown the lamb on all sides. Season and roast for 30 minutes.

Beans: Heat a sauté pan with the oil and cook the onion, carrot, leek, garlic, bay leaves, paprika and cumin with a good pinch of salt for 10 minutes. Add the chickpeas, tomatoes and stock and bring to the boil. Season. Tip the beans into a large baking dish and place the lamb on top. Roast for 40 minutes, stirring the beans and turning the lamb once. *The lamb will have been cooked for 70 minutes in total.*

To serve: Remove the string from the lamb and slice 1 cm thick. Serve with the beans. **Serves 6**

Crisp Roasted Pork Hocks with Caramelized Onion Gravy

3 pork hocks, skin on, approx 1 kilogram each (we used free-farmed)	1 clove garlic, crushed
olive oil	2 tablespoons plain flour
sea salt	1 tablespoon Dijon mustard
Gravy	1 tablespoon redcurrant jelly, optional
1 tablespoon olive oil	2 cups chicken or beef stock
knob of butter	sea salt and freshly ground pepper
1 onion, thinly sliced	

Preheat the oven to 220°C.

Using a very sharp knife, score the skin 2 cm apart around the circumference of each hock or ask your butcher to do this for you. Brush with olive oil and season well with sea salt.

Place the hocks on a rack set over a roasting dish and pour 1 cm of water into the base of the dish.

Roast for 1 hour, turning the hocks occasionally for even crisping of the skin.

Reduce the heat to 160°C and roast for a further 2 hours, adding more water to the dish as needed. *The meat should be meltingly tender and the skin crisp and golden.* Transfer the hocks to a platter to rest, loosely covered, for 10 minutes.

Gravy: Heat the oil and butter in a saucepan and sauté the onion and garlic until the onion is tender and has started to caramelize. Add the flour and cook for 1 minute. Stir in the mustard and redcurrant jelly then gradually stir in the stock. Season and bring to the boil. Cook over a high heat for 8-10 minutes, stirring frequently, until reduced by a third.

To serve: Place the pork hocks on a serving platter. Serve with the parsnip mash and onion gravy. **Serves 4**

Parsnip and Pear Mash

750 grams parsnips	grating of fresh nutmeg
1 ripe pear	½ cup cream, hot
2 tablespoons wholegrain mustard	½ cup milk, hot
good knob of butter	sea salt and freshly ground pepper

Peel and slice the parsnips and pear. Cook in boiling salted water until the parsnips are tender. Drain well and tip back into the saucepan. Place over a low heat for 5 minutes, stirring occasionally to drive off excess moisture. *Both the parsnips and pears have high water content.* Tip into a food processor, add the remaining ingredients and process until smooth. Season well. *The mash can be made 1 day ahead.* Reheat to serve. **Serves 4**

Crisp Roasted Pork Hocks with Caramelized
Onion Gravy, Parsnip and Pear Mash
[see recipe previous page]



Duck Tagine and Pumpkin Couscous
with Date and Pomegranate Chutney
[see recipes following page]



Duck Tagine

- | | |
|--|---|
| 4 duck legs –
thigh and drumstick | To cook |
| Chermoula paste | 1 tablespoon tomato paste |
| 1 small onion, roughly chopped | 2 tablespoons honey |
| 2 cloves garlic, crushed | 2 cups chicken stock |
| 2 teaspoons each ground
paprika and cumin | 4 medium carrots, peeled,
cut into thick batons |
| ½ teaspoon ground cinnamon | 1 cup large green olives |
| zest and juice 1 lemon | To finish |
| ¼ cup each tightly packed
coriander and flat-leaf
parsley, stalks and leaves,
roughly chopped | ½ cup skin-on almonds,
roasted and roughly chopped |
| sea salt and freshly
ground pepper | ¼ cup mint |

Preheat the oven to 180°C.

Chermoula: Place all the ingredients in a food processor and process to a paste. Season.

Pat the duck dry with kitchen towels and season all over. Heat a large ovenproof casserole dish over a medium heat and sauté the duck, skin side down until a good golden colour. Transfer the duck to a plate. Drain off the fat, leaving 2 tablespoons in the pan. *Reserve the excess duck fat.*

Add the chermoula paste and cook gently for 3-4 minutes, stirring frequently. Add the tomato paste and honey and cook for 1 minute.

Stir in the stock, then the duck with any resting juices, turning to coat in the sauce. *Have the duck skin side up in the pan.* Nestle the carrots and olives in the sauce.

Place a piece of crumpled baking paper over the meat then cover tightly with a lid. Braise for 1 hour, stirring once during cooking.

To serve: Transfer the duck and sauce to a serving dish and surround with the carrots and olives. Scatter with the almonds and mint. Serve with the pumpkin couscous and date chutney. *Serves 4.*



Pumpkin Couscous with Date and Pomegranate Chutney

- | | |
|--|--|
| 800 grams buttercup pumpkin | Date chutney |
| reserved duck fat or olive oil | 1 tablespoon olive oil |
| 1 cup quick cook couscous | 1 small onion, finely chopped |
| 1 cup chicken stock, boiling | 1 clove garlic, crushed |
| 2 tablespoons
sesame seeds, toasted | 2 teaspoons finely
chopped rosemary |
| ¼ cup roughly
chopped coriander | ½ cup packed, chopped dates |
| | 1 apple, grated with skin on |
| | 3 tablespoons
pomegranate molasses |
| | sea salt and freshly
ground pepper |

Preheat the oven to 200°C.

Chutney: Heat the olive oil in a small saucepan and cook the onion, garlic and rosemary with a pinch of salt, until tender. Add the dates, apple and pomegranate molasses, season and cook over a low heat, stirring frequently, for 15-20 minutes until it thickens to a paste.

Couscous: Cut the pumpkin into large bite-sized pieces, discarding the pips but leaving the skin on. Toss to coat in the reserved duck fat or olive oil and place on a baking tray. Season and roast until tender.

Put the couscous in a bowl and season. Pour over the hot stock, stir and cover tightly with plastic wrap. Leave for 10 minutes.

To serve: Fluff the couscous with a fork and toss with the pumpkin. Pile on a platter and scatter with sesame seeds and coriander. Place the chutney in a bowl and serve separately. *Serves 4.*

Braised Shin of Beef with Lemongrass
and Coconut [see recipe following page]



Braised Shin of Beef with Lemongrass and Coconut

- | | |
|--|---|
| 1½ kilograms beef shin on the bone in pieces | 1 cinnamon stick |
| ½ cup plain flour | pinch of chilli flakes |
| sea salt and freshly ground pepper | 2 tablespoons hoisin sauce |
| 2 tablespoons vegetable oil | 2 tablespoons soy sauce |
| 1 tablespoon sesame oil | 1 x 400 gram tin coconut cream |
| 2 fat stalks of lemongrass | 2 cups good beef stock |
| 1 large onion, sliced | To serve |
| 1 tablespoon grated fresh ginger | ½ cup crisp roasted shallots |
| 2 cloves garlic, crushed | ½ cup coriander |
| 2 whole star anise | hot cooked basmati rice |
| | ½ teaspoon black sesame seeds, optional |

Preheat the oven to 160°C.

Heat both the oils in a large ovenproof casserole dish or saucepan. Put the flour in a shallow bowl and season generously with salt and pepper. In batches, dust the beef in flour, shaking off the excess. Cook over a medium heat until a good golden brown on all sides. *Don't let the flour catch and burn on the base of the pan.* Remove each piece to a plate as it browns.

Cut off the bulb end (white part only) of the lemongrass (about 6 cm) and discard the tough leaves.

Chop the lemongrass bulb very finely.

Add the lemongrass, onion, ginger, garlic, star anise, cinnamon stick and chilli flakes to the sauté pan, cover and cook until the onions are soft. *Add a splash of water if the pan is too dry.*

Stir in the hoisin and soy sauce and cook for 1 minute. Add the coconut cream and the stock, then the beef with any resting juices. Turn to coat in the sauce and season with salt and pepper. Place a piece of crumpled baking paper over the beef then cover tightly with a lid. Braise for 2½ - 3 hours, turning the meat once during cooking, until it is meltingly tender. If the liquid is quite thin, carefully remove the meat to a dish, cover and keep warm. Place the casserole dish over a high heat and boil until syrupy.

To serve: Transfer the beef to a serving bowl and spoon over the sauce. Scatter with roasted shallots and coriander. Serve the rice sprinkled with the sesame seeds. **Serves 6**

Roasted Fish with Potatoes and Fennel

Meaty, firm fish steaks such as hapuka or broadbill are perfect for roasting. This method of high heat cooking results in succulent, tender flesh.

- | | |
|---|--|
| Fish | 1 lemon, ends trimmed, cut into 6 chunks |
| 4 fish steaks, about 200 grams each | 200 grams round green beans, stem end trimmed |
| 2 tablespoons olive oil | 2 bay leaves |
| 2 cloves garlic, crushed | ½ cup large black olives |
| 1 tablespoon each finely chopped sage and rosemary | ½ cup white wine |
| finely grated zest 1 lemon | Caper sauce |
| sea salt and freshly ground pepper | ½ cup mayonnaise |
| Vegetables | ½ cup sour cream |
| 4 tablespoons olive oil | 2 tablespoons capers, roughly chopped |
| 2 cloves garlic, crushed | 1 tablespoon brine from capers |
| 600 grams small waxy potatoes, scrubbed and halved | 4 anchovies, finely chopped |
| 2 red onions, peeled and quartered through the root | 1 teaspoon of oil from the anchovies |
| 1 large fennel bulb, cut into eight wedges | 1 clove garlic, crushed |
| | 2 tablespoons finely chopped flat-leaf parsley |

Preheat the oven to 200°C.

Fish: Combine the ingredients in a bowl to make a thick paste. Season. Spread over both sides of the fish. Cover and refrigerate if not using immediately.

Vegetables: Combine all the ingredients, except the wine, in a large bowl and season generously.

Spread out on a large lined baking tray and roast for 30 minutes. Pour over the wine and place the vegetables on the lower shelf in the oven. Cook for 10 minutes or until all the vegetables are tender.

Fish: Heat an ovenproof sauté pan with a little oil and brown the fish on one side. Carefully turn the fish over and place the pan in the oven on the shelf above the vegetables. Roast for 10-12 minutes or until just cooked through.

Caper sauce: Combine the ingredients in a bowl and season.

To serve: Place the vegetables and fish on a platter. Serve with the caper sauce and squeeze the juice from the roasted lemon pieces over everything. **Serves 4**



Cook's Tips

- When buying shin, look for pieces with a small centre bone and a lot of meat.
- Snip the skin on each piece of shin in several places to release the tough silverskin. This helps stop the meat from curling up during cooking.
- Packets of roasted shallots are available at Asian food stores and good supermarkets.

Cook's Tip

The skin around some fish is very tough and will make the fish curl up during cooking. Snip the skin in several places to help prevent this happening.

Roasted Fish with
Potatoes and Fennel





Braised Chicken with Shallots,
Peas and Apples, Puy Lentils with Leeks

Braised Chicken with Shallots, Peas and Apples

4 chicken drumsticks	3 sprigs thyme
4 chicken thigh cutlets, bone in, skin on	½ cup white wine
2 tablespoons olive oil	1 cup chicken stock
knob of butter	1 cup frozen peas
8 shallots, peeled with root left on	3 tablespoons cream
2 apples such as Braeburn, cored and cut into eighths	2 tablespoons chopped flat-leaf parsley
2 cloves garlic, crushed	sea salt and freshly ground pepper

Heat the olive oil and butter in a sauté pan or casserole dish large enough to hold the chicken in a single layer.

Season the chicken and cook until well browned on all sides. *Do this in batches if necessary.* Transfer the chicken to a plate and set aside.

Add the shallots and apples to the pan and cook until golden. Transfer to a plate. Discard most of the fat, leaving 2 tablespoons in the pan.

Add the garlic, thyme and the wine. Let it bubble up and cook until most of the wine has evaporated, scraping the base of the pan to release all the sticky bits. Stir in the stock and season. Add the chicken with any resting juices and the shallots back to the pan, turning to coat in the sauce. Cover and cook over a low heat for 40 minutes until very tender. *A simmer mat is perfect for gentle cooking.* Transfer the chicken to a platter and cover to keep warm. Add the peas and cream to the pan and simmer until the peas are tender and the sauce is reduced and syrupy. Add the apples and flat-leaf parsley to the pan and heat through.

To serve: Arrange the chicken on a serving platter, spoon over the sauce and serve with the Puy lentils. *Serves 4-6*

Puy Lentils with Leeks

1 cup Puy lentils	1 tablespoon chopped thyme or rosemary
3 tablespoons olive oil	finely grated zest 1 lemon
1 carrot, peeled and finely chopped	¼ cup chopped flat-leaf parsley
1 leek, sliced 1 cm thick	sea salt and freshly ground pepper
2 cloves garlic, crushed	

Cook the lentils in boiling water until tender. Drain well.

Heat the olive oil in a sauté pan and cook the carrot, leek, garlic and thyme with a good pinch of salt until the vegetables are very tender. Stir in the lemon zest, flat-leaf parsley and the lentils. Season well.

Serves 4-6

Pantry note

Puy lentils: these small slate-green lentils have a delicate blue marbling. They are considered by many to be the best lentil because of their unique peppery flavour and the fact they hold their shape during cooking. They're the only lentil to be identified by area of cultivation – grown in the Le Puy region of France.

and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



Roast Breast of Lamb on Spanish Beans

A smooth, dark, smoky beer works wonders with the spicy chorizo and smoky paprika. The **Black Duck Porter** has a rich, malty, burnt caramel flavour, which blends beautifully with the lamb.

For stockists phone 06 844 9259 or visit online at thefilterroom.co.nz

Crisp Roasted Pork Hocks

The **Matawhero Gisborne Viognier 2009 (\$25)** has sexy apricot and jasmine notes, punchy tropical weight and lovely layered texture to carry this intensely sticky, savoury and rich pork dish.

Glengarry – 0800 733 505 or visit online at glengarry.co.nz

Duck Tagine and Pumpkin Couscous with Date and Pomegranate Chutney

Sweet rhubarb, plum and cherry aromas and a burst of black tea and toast characters make the **Valli Gibbston Vineyard Pinot Noir 2008 (\$55)** a ripe, flavoursome wine of substance that's scrumptious with duck.

Valli Vineyards Ltd – 03 442 6778

Braised Shin of Beef with Lemongrass and Coconut

Such an aromatic, yet hearty and rib-sticking recipe needs a wine with guts, class and a bit of age on its side. The **Rua Whenua Reserve Merlot Cabernet Franc 2005 (\$24)** is smooth, succulent and has grippy, textural tannins – perfect for this dish.

For info email whenua@mac.com

Roasted Fish with Potatoes and Fennel

Hapuka is a dense, juicy fish which deserves a Sauvignon Blanc with some complexity and interest like the **Man O' War Waiheke Island Sauvignon Blanc 2009 (\$23)**. Some barrel maturation also gives extra weight to its crisp, refreshing finish.

To order visit online at manowarvineyards.co.nz

Braised Chicken with Shallots, Peas and Apples

Open a bottle of **Goldridge Estate Gisborne Chardonnay 2009 (\$15)** because you can use it in the recipe and enjoy a glass while you cook and while you eat! It's classic, peachy, mouth-filling and a winner with chicken.

Produced by Matakana Estate – 09 425 1100

PROP CREDITS:

Roast Breast of Lamb: table – Philippe's French Antiques and Interiors; chair and candelabra – Bashford Antiques; forks, carving fork and wooden platter – Antiques of Epsom; Purewhite rectangle baker – Nest; Conran plates – Smith & Caughey.

Crisp Roast Pork Hocks: board and mash bowl – Bashford Antiques; knives and carving fork – Antiques of Epsom; Tony Sly jug – Cranfields; terracotta jug – Epicure Trading; napkins made from Ralph Lauren fabric – Martha's Fabrics.

Duck Tagine: plates – Romantique; cutlery – Antiques of Epsom; Dylan glasses by Ralph Lauren and Lambert Carafe – Cavit & Co; Sophie Conran custard jug and Harbour bowl in blue – Smith & Caughey; horn salt dish – Corso De Fiore.

Braised shin of Beef: Tony Sly serving bowl – Cranfields; dinner plate – Corso De Fiore; Lynda Harris bowls – The Poi Room; server – Republic Home; fork – Antiques of Epsom.

Roast Fish: slat dish and spoon – Flotsam & Jetsam; glasses – Republic Home; Hector pottery bowl – The Poi Room; Ellie placemats used as napkins – Country Road.

Braised Chicken with Shallots, Peas and Apples: glasses – Republic Home; blue baker – Cranfields; serving spoon – Antiques of Epsom.

See 'Where to Buy' pg 129.



Tatua Farms Cheese Sauce and Hollandaise Sauce are convenient, ready to use flavoursome sauces which save time in the kitchen. Use straight from the pack or as a base to make your own sauces, salad dressings, muffins, quiches, pies and more.

Chorizo and Green Olive Risotto

Ingredients

- 800mls chicken stock
- 150g white onions
- 1 garlic clove, minced
- 2 tablespoons cooking oil
- 1 chorizo sausage (110g), sliced
- 1 teaspoon paprika
- 250g Arborio rice
- 20 Queen green olives, sliced and deseeded
- 200g Tatua Farms Cheese Sauce

Method

1. Bring the chicken stock to the boil in a pot.
2. In a separate pot, sweat the onions and garlic in the oil on a low heat until soft (approx. 5 minutes).
3. Add the chorizo, paprika and rice to the onions then stir constantly for a further 4 minutes.
4. Pour on some of the simmering chicken stock and bring the mixture back to the boil.
5. Stir in the chicken stock and continue stirring constantly for 20 minutes, adding more stock as it absorbs until the stock is used up.
6. Stir in the olives and Tatua Farms Cheese Sauce then simmer a further 5 minutes until absorbed.
7. Serve piping hot topped with extra pan seared chorizo and garnish with baby greens.

Serves 4 as a main meal.



The TATUA Co-operative
Dairy Company Limited ©

For more information please phone 0800 4 TATUA (82882). For delicious recipe ideas please visit www.tatua.com

A photograph of a glass of lemonade with ice and mint leaves. The glass is in the foreground, and there are other glasses in the background. A citrus squeezer is visible on the right side. The text "ray of light" is overlaid on the glass.

ray of light

Let winter citrus bring a
little sunshine to dark days

Lime and Lemonade [see recipe following page]



Chicken and Moroccan Carrot Purée with Orange and Green Olive Salsa

2-3 single, boneless chicken breasts	knob of butter
½ cup flour	1 onion, thinly sliced
1 teaspoon ground cumin	2 cloves garlic, crushed
½ teaspoon ground coriander	2 teaspoons grated fresh ginger
¼ cup milk	2 teaspoons finely grated orange zest
1 egg	¼–1 teaspoon harissa
2-3 tablespoons olive oil	Salsa
knob of butter	2 oranges
sea salt and freshly ground pepper	2 tablespoons olive oil
Carrot purée	1 clove garlic, crushed
800 grams carrots, peeled and sliced 1 cm thick	1 cup large green or black olives
2 tablespoons olive oil	½ small red onion, thinly sliced
	¼ cup picked flat-leaf parsley

Lime and Lemonade

Use juicy lemons and limes with pristine skins to get the maximum flavour. The syrup will keep for several weeks in the fridge.

3 large limes	To serve
3 large lemons	chilled sparkling mineral or soda water
4 cups caster sugar	vodka
1 tablespoon citric acid	mint leaves
4 cups boiling water	sliced lime and lemon

Gently roll the fruit on the bench to release the juices. Halve and squeeze the juice into a bowl. Cover and refrigerate.

Cut the squeezed fruit into 1 cm thick slices. Place in a large bowl with the sugar, citric acid and the boiling water, stirring to dissolve the sugar.

Cover and leave in a cool place for 24 hours.

Strain the syrup into a bowl, pressing on the fruit to extract as much liquid as possible. Discard the fruit. Add the reserved juice to the syrup and strain again into sterilised bottles. Seal and refrigerate.

To serve: If using vodka, put a measure in each glass, add ice and pour over equal quantities of syrup and mineral or soda water. Top with mint and a small slice of lime and lemon.

Makes about 5 cups of syrup

Purée: Cook the carrots in boiling salted water until tender. Drain and tip back into the saucepan. Place back over a low heat to drive off excess moisture. Set aside.

Heat the olive oil and butter in a sauté pan and cook the onion, garlic and ginger with a pinch of salt until the onion is very soft. Add the orange zest, harissa and the carrots and cook for 5 minutes turning to combine. Scrape the contents of the pan into a food processor and purée until smooth. Season well.

Salsa: Place the olives on a board and lightly crush with the flat side of a large knife. Pull the two halves apart discarding the stone.

Use a sharp knife to peel the oranges, making sure to remove all the white pith. Holding the oranges over a bowl to catch the juice, cut between the membranes to release the fillets. Squeeze the membrane to release the juice and whisk in the olive oil and garlic. Season. Add the orange fillets, olives and red onions.

Chicken: Cut each chicken breast horizontally into 3-4 thinner pieces. Put the flour and spices in a shallow dish and season well. Whisk the egg and milk together in another shallow dish and season.

Heat the olive oil in a sauté pan and drop in the butter. Coat the chicken in seasoned flour, shake off the excess then dip in the egg, letting the excess drip back into the dish. Sauté the chicken in batches on both sides until golden and cooked through. Transfer to a plate and keep warm. Repeat with the remaining chicken.

To serve: Spoon the purée onto a serving platter and top with the chicken. Add the flat-leaf parsley to the salsa and scatter over the chicken. **Serves 4**

Prawn, Grapefruit and Fregola Salad

Fregola is a Sardinian semolina pasta that is baked in the oven, giving it a toasty flavour. If it isn't available substitute another short pasta such as risoni, or use a grain such as pearl barley or cracked wheat. Scallops can also be substituted for the prawns.

2 grapefruit	1 clove garlic, crushed
16 large raw, peeled prawns	2 teaspoons honey
1 tablespoon olive oil	1 teaspoon whole cumin seeds, toasted
knob of butter	
1 clove garlic, crushed	Salad
sea salt and freshly ground pepper	½ cup fregola
	1 small fennel bulb, very thinly sliced, fronds reserved
Dressing	2 radishes, very thinly sliced
¼ cup olive oil	1 handful rocket
4 tablespoons grapefruit juice	
½ long red chilli, seeded and finely chopped	

Using a small sharp knife, peel the grapefruit, removing all the white pith. Holding the fruit over a bowl to catch any juice, cut between the membranes to release the grapefruit fillets. Set these aside for the salad. Squeeze the juice from the remaining membranes for use in the dressing.

Dressing: Whisk the ingredients together in a large bowl and season.

Salad: Cook the fregola in boiling salted water for 10 minutes or until just tender. Drain well and toss the hot fregola with the dressing. Set aside until you are ready to assemble the salad.

Prawns: Heat the olive oil and butter in a sauté pan and cook the prawns for 2 minutes each side or until just cooked through.

To serve: Add the grapefruit segments, fennel, radishes and rocket to the fregola and toss gently to combine. Pile the salad on plates and top each serve with 4 prawns. Scatter with the reserved fennel fronds. Serves 4





Baked Witlof with Orange and Hazelnuts

These can also be served hot as a vegetable accompaniment to a main course.

3 witlof, about 200 grams each	sea salt and freshly ground pepper
good knob of butter	
2 cloves garlic, crushed	To serve
zest and juice 1 large orange	⅓ cup hazelnuts, roasted and roughly chopped
½ cup white wine	100 grams prosciutto
freshly grated nutmeg	small handful of rocket
2 sprigs thyme	Parmesan cheese for grating

Preheat the oven to 200°C.

Cut the witlof in half through the root. Heat the butter in a large ovenproof sauté pan and brown the witlof on both sides. Combine the garlic, orange juice, zest and white wine and pour over the witlof. Season with freshly grated nutmeg, sea salt and freshly ground pepper and top with the thyme.

Place a piece of crumpled baking paper over the witlof then cover tightly with a lid or aluminium foil. Bake for 15 minutes. Turn the witlof over and bake uncovered for another 5 minutes until golden and lightly caramelized and the pan juices are syrupy. Cool.

To serve: Transfer the witlof to a serving platter and sprinkle with the hazelnuts. Place the prosciutto alongside and scatter over the rocket and shaved Parmesan. [Serves 4-6](#)

Ricotta and Rocket Gnocchi with Lemon and Parmesan Sauce

Gnocchi	Sauce
2 cups packed rocket leaves	4 tablespoons butter
300 grams firm ricotta	1 clove garlic, crushed
finely grated zest 1 lemon	1 tablespoon chopped thyme leaves
1 clove garlic, crushed	finely grated zest and juice 1 lemon
¼ teaspoon freshly grated nutmeg	1 cup freshly grated Parmesan cheese
3 egg yolks	½ cup chicken stock
1 cup freshly grated Parmesan cheese	To serve
½ cup plain flour	handful of rocket
sea salt and freshly ground pepper	Parmesan cheese for grating

Line a large flat tray with baking paper.

Gnocchi: Put the rocket in a large bowl and cover with boiling water, turning to wilt. Drain and refresh in cold water. Place in a clean tea towel and wring tightly to remove all the water. Chop finely and place in a large bowl. Add the remaining ingredients and combine with a fork to form a soft dough. *Do not put the mixture in a food processor as this will toughen it.* Season well.

Spoon the dough into a piping bag with a 2 cm plain nozzle, or place in a strong plastic bag with a 2 cm corner snipped off.

Pipe the dough onto the tray in long strips. Cover and chill until the dough is firm. The gnocchi can be made 24 hours ahead of cooking.

Sauce: Combine all the ingredients in a small saucepan, season and simmer for 4-5 minutes until slightly thickened. Keep warm.

To cook: Bring a large saucepan of well salted water to the boil. Cut the gnocchi into 2 cm lengths. Cook the gnocchi in two batches, keeping the water at a gentle boil. Once they rise to the surface, cook for 3-4 minutes until cooked through.

Remove with a slotted spoon, draining off as much water as possible and place in warm shallow bowls, covering them to keep warm.

Repeat with the remaining gnocchi.

To serve: Spoon the hot sauce over the gnocchi and top with the rocket and freshly grated Parmesan cheese. [Serves 4 as a first course](#)



Witlof: also known as Belgian or French endive or chicory. Grown without light, witlof has a small, elongated head of cream coloured, bitter leaves – the darker the leaves the more bitter they will be. Look for crisp, tight heads with pale, creamy yellow tips and store wrapped in paper in the fridge.



Ricotta and Rocket Gnocchi with
Lemon and Parmesan Sauce



Orange and Saffron Confit

These luscious orange slices can be used in many ways: atop a crisp pastry tart filled with mascarpone; decorating the top of a cake or served alongside; added to a dried fruit salad; or accompanying chocolate mousse or soufflés. They are also delicious with steamed puddings or simply served over good vanilla ice-cream. This recipe is easily halved but it's worthwhile making the full recipe as they keep for several weeks in the fridge.

2 large seedless oranges	pinch of saffron threads
3 ½ cups water	2 ½ cups caster sugar

Trim the ends off the oranges and discard. Cut into ½ cm thick slices (*a mandolin is great for this*) and place in a wide saucepan with the water and saffron threads.

Bring to just below boiling point and simmer for 20 minutes.

Sprinkle over the sugar and when the water comes back to a simmer, cook gently for 30 minutes until the liquid is reduced and syrupy and the oranges are glossy with a transparent sheen to them. *Try not to stir the oranges too much while they are cooking or they will fall apart.*

Cool in the syrup. Transfer the slices to a jar and pour over the syrup. **Makes about 30 slices with 2 cups of syrup**

and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



Chicken and Moroccan Carrot Puree with Orange and Green Olive Salsa

The seasoned chicken and spicy carrot in this dish work beautifully with the **Main Divide Waipara Chardonnay 2008 (\$19)**. It has subtle citrus pith, almond and developed oak character on the nose and a deliciously dry, nutty texture and solid length of flavour.

Eurowine – 09 636 4045

Prawn, Grapefruit and Fregola Salad

The tangy, tartness of the grapefruit drizzled with the aromatic, spicy dressing cries out for a crisp, refreshing, cleansing ale like the **Harrington's East Indies**. This Indian lager soothes the citrus and rounds out the fleshiness of the prawns. Full-flavoured and batch-brewed to the authentic East Indian style.

For stockists visit online at harringtonsbreweries.co.nz

Baked Witlof with Orange and Hazelnuts

Lovely lifted tangelo and mandarin notes and a whiff of delicious dandelion, jasmine and orange blossom make the **Moana Park Vineyard Tribute Hawke's Bay Viognier 2008 (\$29)** a wonderful match here. It's tangy and taut with superb length of flavour.

Moana Park – 06 844 8269

Ricotta Gnocchi with Lemon and Parmesan

The spritzy, lime-laden **Brown Brother's Vermentino 2007 (\$19)** was the first wine I thought of to pair with this creamy, lemony Italian classic, and it works a treat. The solid acidity and citrus finish add complexity to the Parmesan too.

Brown Brothers NZ - 09 447 3800

PROP CREDITS:

Lime and Lemonade: wallpaper – 'Geometric Relief' by Ella Doran from Paper Room; tabletop glass – Decogaze; glass bottle – Republic Home; black bowl – Corso De Fiore; Harris Glasses – Freedom.

Chicken and Moroccan Carrot Puree: platter – Republic Home; black platter and napkins – Smith & Caughey; serving spoon – Acland Holdings; stack of Coco pasta plates – Nest.

Prawns, Grapefruit and Fregola Salad: plate – Artedomus; glass – Harris flute in smoke – Freedom.

Baked Witlof with Orange and Hazelnuts: stack of plates – Nest; cutlery – Freedom.

Ricotta and Rocket Gnocchi: tile used as placemat – Artedomus; Coco pasta plate in stone grey – Nest; Tibetan scarf – Republic Home.

Orange and Saffron Confit: Rachel Carley plate – Sabato; spoon – Acland Holdings; Nomad teapot – Nest; napkin – Smith & Caughey.

See 'Where to Buy' pg 129.



winter warmers

Soup is the ultimate comfort food
— put a pot on the stove now!

Roasted Beetroot, Parsnip and Apple Soup;
Roasted Buttercup Pumpkins; Beetroot Chips
[see recipes following page]

Roasted Beetroot, Parsnip and Apple Soup

500 grams parsnips	4 cups vegetable stock
500 grams beetroot	sea salt and freshly ground pepper
1 red onion	To serve
1 apple	roasted butternut pumpkins (see recipe below)
3 tablespoons olive oil	beetroot chips, optional
2 cloves garlic, crushed	sour cream
1 tablespoon finely chopped rosemary	1 tablespoon chopped chives
2 teaspoons caraway seeds	

Preheat the oven to 200°C.

Peel all the vegetables and the apple and cut into 1 cm thick slices.

Place in a large bowl with the olive oil, garlic, rosemary and caraway seeds.

Toss well to combine and season generously. Tip onto a large lined baking tray and cover tightly with aluminium foil. Roast for 40–60 minutes, stirring occasionally until all the vegetables are very tender.

Working in batches, put the vegetables in a food processor with a cup of the stock and process until smooth. Tip into a clean saucepan and repeat with the remaining vegetables and stock. Add any remaining stock to the soup. Season and bring to the boil. Simmer for 10 minutes.

To serve: Ladle into bowls, or if using the roasted pumpkins, place these in shallow bowls and ladle in the soup. Top with a dollop of sour cream and garnish with beetroot chips and a sprinkling of chives. *Makes about 8 cups. Serves 6-8*

Roasted Butternut Pumpkins

4-6 small butternut pumpkins	1 clove garlic, crushed
olive oil	sea salt and freshly ground pepper
knob of butter	

Preheat the oven to 200°C.

Cut the top third off the pumpkins and discard. Using a teaspoon, scrape out all the seeds, taking care not to scrape right through to the skin.

Brush the cavity and skin with olive oil and place on a lined baking tray.

Put a small piece of butter with a little garlic in each cavity and season. Roast for 20 minutes or until just tender but not collapsing. The pumpkins can be roasted up to 2 days ahead, covered and refrigerated. Just before filling, put them back on a baking tray and reheat in a hot oven.

Beetroot Chips

1-2 medium beetroot, scrubbed	sea salt
vegetable oil for deep frying	

Trim both ends of the beetroot and discard. Slice the beetroot as thinly as possible (*a mandolin is good for this*), and place on kitchen towels. Dry well.

Heat 3 cm of vegetable oil in a small deep saucepan until it registers 180°C on a deep frying thermometer.

Drop in 4-5 slices at a time and cook until they look shrivelled and lightly golden. Drain on kitchen towels. Repeat with the remaining beetroot. Sprinkle with sea salt.

Hot and Sour Soup with Mushrooms and Tofu

You'll find all the ingredients for this soup at your local Asian supermarket and greengrocer. For instructions on making your own vegetable stock see page 128.

Broth	100 grams enoki mushrooms, tough stems trimmed off
8 cups vegetable stock	1 clove garlic, thinly sliced
½ cup soy sauce	2 tablespoons julienne* ginger
1 cinnamon stick	2 teaspoons sugar
3 shallots, roughly chopped	150 grams firm tofu cut into 3 thick slices
8 cm piece of ginger, sliced	1 cup frozen, podded edamame beans
2 stalks lemongrass, root end only, sliced	¼ cup lime juice
6 kaffir lime leaves, sliced	1 cup fresh mung beansprouts
2 tablespoons fish sauce	½ cup coriander leaves
To finish	1 long red chilli, seeded and thinly sliced
2 tablespoons vegetable oil	
1 tablespoon sesame oil	
100 grams button mushrooms, thickly sliced	

Broth: Put all the ingredients in a large saucepan and bring to the boil. Simmer for 20 minutes. Strain into a bowl, pressing to release all the liquid. Discard the solids. The broth can be made 2 days ahead. If making ahead, refrigerate, leaving the solids in the broth for a greater depth of flavour. Strain before using.

To finish: Reheat the broth if made ahead. Add the edamame beans and simmer for 5 minutes. Stir in the lime juice.

Heat the two oils in a large sauté pan and cook the button mushrooms, garlic, ginger and sugar until the mushrooms are soft. Add the enoki mushrooms and cook for 2 minutes. Transfer the mushrooms to a plate and set aside. Add the tofu to the sauté pan and cook for 3 minutes each side until lightly coloured. Add a little more oil to the pan if necessary. Transfer to a board and cut into small cubes.

To serve: Place the mushrooms, tofu and bean sprouts in soup bowls. Ladle over the hot broth and edamame beans and top with coriander and chilli. *Makes about 8 cups. Serves 4-6*

*Julienne – see technique pg 128.

Hot and Sour Soup with
Mushrooms and Tofu





Pearl Barley and Vegetable Soup

Serve this hearty, chunky soup with hot cheese scones or cheesy rolls.

3 tablespoons olive oil	½ cup pearl barley, rinsed and drained
1 onion, thinly sliced	4 stalks silverbeet
1 large leek, thinly sliced	2 spring onions, thinly sliced
1 large carrot, peeled and diced	handful soft herbs, any combination of flat-leaf parsley, mint, basil, dill, all roughly chopped
2 cloves garlic, crushed	1 tablespoon finely chopped rosemary
1 teaspoon ground cumin	sea salt and freshly ground pepper
1 x 400 gram tin crushed Italian tomatoes	To serve
5 cups vegetable stock	Parmesan cheese
	good extra virgin olive oil

Heat the olive oil in a large saucepan. Cook the onion, leek, carrot, garlic, rosemary and cumin with a good pinch of salt over a medium heat for 15 minutes. Add the tomatoes, stock and pearl barley and bring to the boil. Simmer for 20 minutes or until the barley is tender. *It will still have a chewy texture when cooked.*

Trim off the tough stalks of the silverbeet and slice thinly. Add to the soup and simmer until tender. Add the spring onions and herbs. Season.

To serve: Ladle the soup into bowls and top with grated Parmesan and a drizzle of olive oil. *Makes about 8 cups. Serves 6*



Jerusalem Artichoke and Potato Soup with Mustard Croutons

700 grams Jerusalem artichokes	⅓ cup cream
300 grams floury potatoes, such as Agria	chives for garnish
juice of 1 lemon	Mustard croutons
2 tablespoons olive oil	2 cups coarsely ripped bread from a French baguette
knob of butter	2 tablespoons olive oil
1 onion, sliced	¼ cup melted butter
1 stick celery, sliced	1 tablespoon wholegrain mustard
2 cloves garlic, crushed	1 clove garlic, crushed
4 cups vegetable stock	sea salt and freshly ground pepper
sea salt and freshly ground pepper	

Peel the artichokes and potatoes and cut into small chunks. Place in a bowl of cold water with the lemon juice. *This stops the artichokes from turning brown.* Heat the olive oil and butter in a large saucepan and add the onion, celery and garlic with a good pinch of salt. Cover and cook for 10 minutes until the vegetables are soft. Drain the artichokes and potatoes and add to the pan. Cook for 5 minutes. Add the stock, season and bring to the boil. Simmer for 30 minutes or until the vegetables are tender. Cool a little then process in batches in a blender or food processor until smooth. Tip into a saucepan and stir in the cream. Reheat gently if needed.

Croutons: Preheat the oven to 180°C. Place the bread in a large bowl. Combine the remaining ingredients and pour over the bread, turning well to coat in the butter mixture. Tip onto a lined baking tray and bake for 10 minutes, turning occasionally, until golden and crisp. The croutons can be made 1 day ahead, cooled and stored in an airtight container.

To serve: Ladle the soup into warm bowls and top with the mustard croutons and chives. Drizzle with a little extra cream if desired. *Makes about 8 cups. Serves 6*



Cauliflower, Watercress
and Blue Cheese Soup
[see recipe following page]

Cauliflower, Watercress and Blue Cheese Soup

Adding the watercress at the end of cooking gives this soup a delicious, peppery bite.

2 tablespoons olive oil	100 grams creamy blue cheese, crumbled
knob of butter	2 cups packed watercress, thick stalks removed, roughly chopped
1 onion, thinly sliced	Garnish
2 cloves garlic, crushed	2 tablespoons olive oil
sea salt	knob of butter
1 medium cauliflower	reserved cauliflower florets
1 bay leaf	¼ cup sliced almonds
½ cup white wine	small handful watercress
5 cups chicken stock	
¾ cup milk	

Heat the oil and butter in a large saucepan. Add the onion and garlic with a good pinch of salt, cover and cook until tender.

Break the cauliflower into small florets and set aside 2 cups for the garnish. Thinly slice the stems and add to the onions with the remaining cauliflower and bay leaf. Cook for ten minutes.

Add the wine and let it bubble up until most of it has evaporated. Add the stock, season and cook until the cauliflower is tender. Add the milk and bring the soup back to the boil. Take off the heat, add the cheese and stir to melt. Place a quarter of the hot soup in a food processor and add a quarter of the watercress. Process until smooth. Tip into a clean saucepan and repeat with the remaining soup and watercress. Season.

Garnish: Heat the olive oil and butter in a sauté pan. Add the cauliflower and cook over a medium high heat until golden. Drain on kitchen towels and season. Add the almonds to the pan and cook until golden. Drain on kitchen towels.

To serve: Ladle the soup into warm bowls and top with the garnish. Makes about 8 cups. *Serves 6*

Red Lentil, Kumara and Coconut Soup

For a great flavour without the heat use a mild curry powder, but if you're partial to a bit of spice use a medium to hot blend. Red lentils are available from supermarkets and Asian food stores.

3 tablespoons olive oil	400 grams kumara, peeled and diced 2 cm pieces
1 onion, finely chopped	2 apples, peeled, cored and diced 2 cm pieces
1 carrot, finely chopped	½ cup coconut cream
2 cloves garlic, crushed	4 cups chicken stock
sea salt	¾ cup red lentils
1 tablespoon grated fresh ginger	To serve
1 tablespoon black or yellow mustard seeds	¼ cup chopped coriander plus extra for garnish
2 teaspoons Madras curry powder	½ cup long thread coconut, toasted
1 x 400 gram tin crushed Italian tomatoes	extra coconut cream

Heat the olive oil in a large saucepan. Add the onion, carrot and garlic with a good pinch of salt, cover and cook gently until the vegetables are tender.

Add the ginger, mustard seeds and curry powder and cook for 2 minutes. *Add a splash of water if the pan is dry.*

Add the remaining ingredients, season and simmer, partially covered, for 20-25 minutes until the kumara is tender.

To serve: Stir the chopped coriander into the soup and ladle into warm bowls. Top with a drizzle of coconut cream, toasted coconut and coriander. *Makes about 8 cups of soup. Serves 6-8*

and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



Roasted Beetroot, Parsnip and Apple Soup

As a match for beetroot, **Old Mout Boysencider** is a must. Old Mout (pronounced 'moot') is a blend of cider and boysenberry wine, which has succulent, berry-driven flavours mixed beautifully with crisp, vibrant apple – and not too sweet.

For stockists phone 03 544 2706 or visit online at oldmout.co.nz

Hot and Sour Soup with Mushrooms and Tofu

This Asian-inspired broth demands an aromatic beverage full of character and **Hallertau #3 Copper Tart Red Ale** does the business with molasses, mushroom and fig aromas and a tangy, mouth-filling hoppy finish.

For stockists phone 09 412 5555 or visit online at hallertau.co.nz

Pearl Barley and Vegetable Soup

I can't think of anything more appealing than cuddling up with a bowl of this soup and a glass of **Invercargill Brewery's Dubbel Happy**. Based on Belgian-style Abbey ale, it's cellared for three months to develop richness, spicy notes and a smooth, chocolatey finish.

Invercargill Brewery – 03 214 5070

Cauliflower, Watercress and Blue Cheese Soup

There's one wine that works wonders with watercress and that's Pinot Blanc. The **Clayridge Marlborough Pinot Blanc 2008 (\$24)** has complexity and funkiness, combined with some delicious white peach, spicy pear and nutty layers.

Clayridge Wines – 03 577 8614

Jerusalem Artichoke and Potato Soup

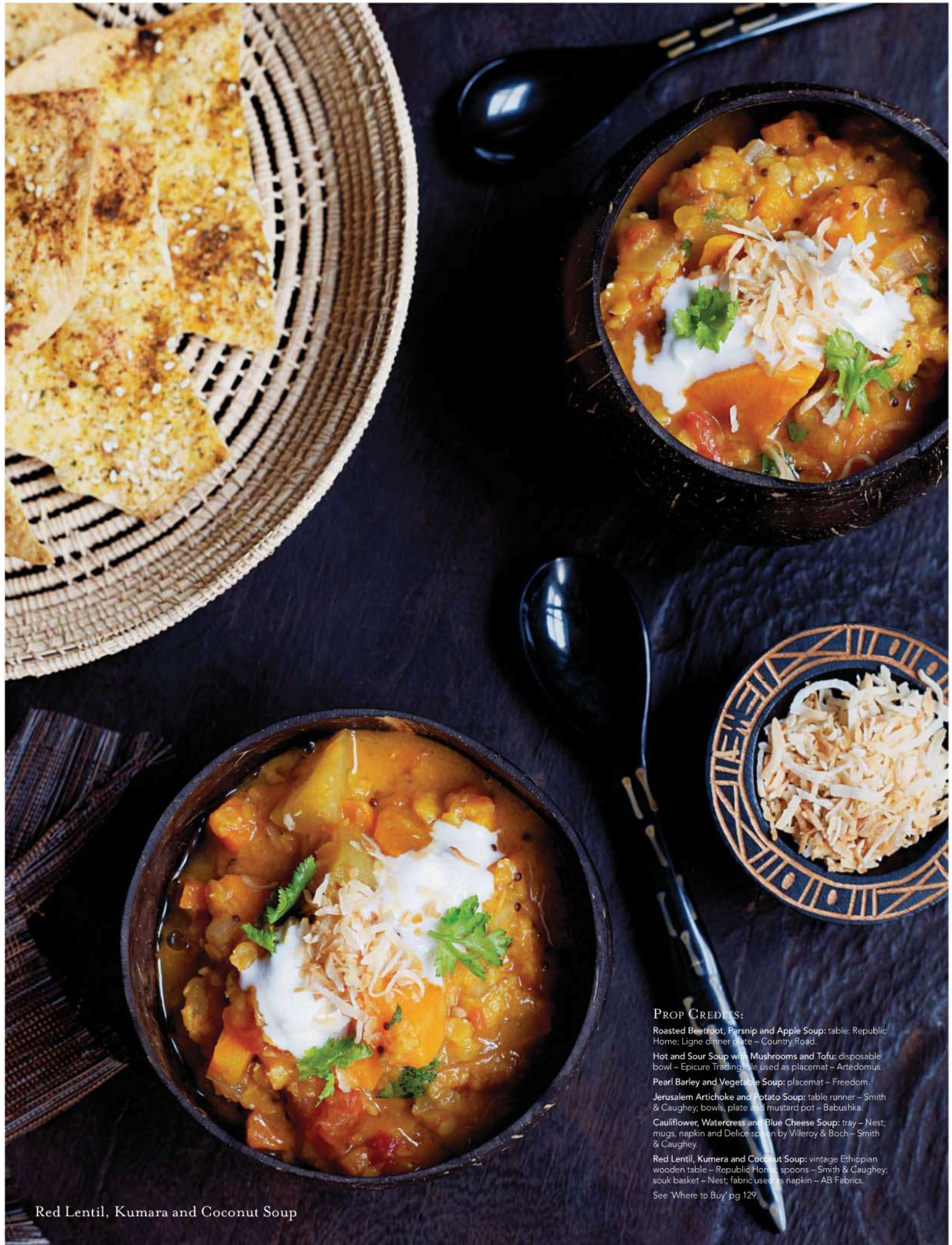
Artichokes can be a bit curly when it comes to a wine match, but I think I've nailed it: the **Romate Jerez Fino Sherry (\$30)** has the right balance of lifted minerality, complexity, depth and warmth to work well with this rich, starchy soup.

Scenic Cellars – 07 378 5704

Red Lentil, Kumara and Coconut Soup

The **Neudorf Maggie's Block Pinot Gris 2009 (\$24)** has classic quince, poached pear, toffeeish notes and a hint of sweet, tropical punch on the palate, which works beautifully with kumara and cuts through the creamy coconut.

Eurowine – 09 573 5822



Red Lentil, Kumara and Coconut Soup

PROP CREDITS:

Roasted Beetroot, Parsnip and Apple Soup: table: Republic Home; Ligne dinner plate – Country Road.

Hot and Sour Soup with Mushrooms and Tofu: disposable bowl – Epicure Trading; tile used as placemat – Artdomus.

Pearl Barley and Vegetable Soup: placemat – Freedom.

Jerusalem Artichoke and Potato Soup: table runner – Smith & Caughey; bowls, plate and mustard pot – Babushka.

Cauliflower, Watercress and Blue Cheese Soup: tray – Nest; mugs, napkin and Delice spoon by Villeroy & Boch – Smith & Caughey.

Red Lentil, Kumera and Coconut Soup: vintage Ethiopian wooden table – Republic Home; spoons – Smith & Caughey; souk basket – Nest; fabric used as napkin – AB Fabrics.

See 'Where to Buy' pg 129.



Chill with Baileys

Baileys tastes best when it's totally chilled. In July and August buy Baileys, chill it in the fridge to reveal the label's unique entry code and win amazing Bang & Olufsen prizes.

Keeping your Baileys chilled in the fridge and then poured over ice is the best way to release its delectable flavours.

Or for another taste sensation you can cook with your Baileys too – try the luscious 'Baileys and Hazelnut Truffle Crème Brûlée'.

Baileys and Hazelnut Truffle Crème Brûlée

Hazelnut Truffle base	Brûlée
1/3 cup cream	2 cups cream
1 tablespoon Baileys	1/2 cup Baileys
1/2 cup finely chopped dark chocolate, 68% cocoa	1 egg
1/4 cup hazelnuts, roasted and finely chopped	4 egg yolks
	1/2 cup caster sugar
	To finish
	6 tablespoons caster sugar
	brûlée torch

Hazelnut truffle: Heat the cream and Baileys in a small saucepan. Add the chocolate and whisk until smooth. Stir in the hazelnuts. Divide the truffle mixture between 6 x 3/4 cup capacity ramekins, cover and refrigerate until firm. Heat the cream and Baileys in a small saucepan. Add the chocolate and whisk until smooth. Stir in the hazelnuts. Divide the truffle mixture between the ramekins, cover and refrigerate until firm.

Brûlée: Beat the egg, egg yolks and sugar in a large bowl until pale and thick. Heat the cream and Baileys in a saucepan until just below boiling point. Do not let it boil. Very slowly whisk the hot cream into the egg mixture. Strain into a bowl, cover and chill.

Preheat the oven to 125°C

To assemble: Place the ramekins in a deep roasting dish lined with a cloth napkin and pour in the custard. Add enough boiling water to come halfway up the sides of the dishes. Cover the dish with foil then pierce all over with a skewer. Bake for 1 hour or until just set with a slight wobble in the centre. Remove from the roasting dish, cool, cover and refrigerate for several hours.

To finish: Sprinkle each brûlée with a thin layer of sugar and use a brûlée torch to caramelize the sugar. Serves 6



Win with Baileys

During July and August you can win one of nine Bang & Olufsen entertainment prizes by keeping your Baileys in the fridge. Plus every household entry can redeem a month of free DVD rentals. The prize pool totals \$100,000 so get chilling today!



WWW.DRINKiQ.COM

You must be 18 years or older to enter. Promotion closes 31st August 2010.

sweet surrender

Nothing will warm you in the depths of winter like one of these luscious puddings or cakes.



Vanilla Rice Pudding with Shiraz
Poached Quinces [see recipe following page]

Vanilla Rice Pudding with Shiraz Poached Quinces

Quinces are one of winter's pleasures. A good alternative if they are unavailable are firm but ripe pears.

Quinces	Pudding
500 grams caster sugar	1 vanilla pod
3 cups water	450 ml cream
1 cup Shiraz, or other red wine	450 ml milk
3 star anise	3 tablespoons caster sugar
6-8 cloves	¼ teaspoon ground cloves (or 3-4 whole cloves)
zest of 1 lemon	150 grams short or medium grain rice
3-4 quinces	

Place all the ingredients except the quince in a large saucepan and heat until the sugar has dissolved. Bring to the boil then reduce to a simmer.

Peel, quarter and core the quinces. Add them, along with some of the peel and core to the saucepan. *This helps to bring out the red colour.* Cover with a sheet of baking paper and simmer for 1½-2 hours. Leave the quinces to cool in the syrup. *If using pears, prepare in the same way and cook for 20-30 minutes. Remove them and boil the liquid for a further 10 minutes, until syrupy. This is necessary as the pears' shorter cooking time won't have allowed the syrup to reduce sufficiently.*

Pudding: Split the vanilla pod down the middle but leave it joined at one end. Put the cream, milk, caster sugar, vanilla pod and ground cloves in a heavy-based saucepan and bring just to the boil. Reduce the heat, add the rice and mix to combine. Simmer for 25-30 minutes, stirring occasionally, or until the liquid has been absorbed and the rice is cooked. Stir through a little extra milk at the end if the mixture becomes too thick.

Serve the rice in bowls topped with sliced quinces and a little syrup. Decorate with a star anise but be sure to let everyone know that it is not edible. **Serves 4-6**

Little Rhubarb Crumble Cakes with Ginger Custard

Crumble	
50 grams plain flour	3 eggs, beaten
40 grams butter	175 grams plain flour, sifted
1½ tablespoons brown sugar	1 teaspoon baking powder
	2-3 tablespoons milk
Cake	Custard (optional)
150 grams rhubarb	3 egg yolks
1 tablespoon brown sugar	2 tablespoons caster sugar
175 grams butter, softened	1 cup cream
175 grams brown sugar	½ teaspoon vanilla bean paste
¼ teaspoon vanilla extract	1½ tablespoons stem ginger syrup

Preheat the oven to 190°C. Line 8 x 125 ml capacity muffin tins with paper baking cases.

Crumble: Put the flour in a bowl. Using your fingertips rub the butter into the flour until it resembles fine bread crumbs then stir in the sugar.

Cake: Rinse and dry the rhubarb then cut into approximately 1 cm pieces. Sprinkle over the sugar and toss gently to coat.

Beat the butter, sugar and vanilla extract in a large bowl until pale and creamy. Gradually beat in the eggs, a little at a time, adding a spoonful of the flour if it looks like it might curdle. Combine the remaining flour with the baking powder then gently fold into the butter mixture together with the milk. *The mixture should be soft enough to just drop off the spoon.*

Divide evenly between the cases (it should fill them about two thirds). Pile 3-4 pieces of rhubarb on top then sprinkle over the crumble. Bake 25-30 minutes or until a skewer inserted into the centre comes out clean.

Custard: Place the egg yolks and sugar in a heat-proof bowl that will fit snugly over a saucepan. Using an electric beater, beat until thick, pale and creamy and the beater leaves a trail when dragged through. Place the bowl over gently simmering water and slowly stir in the cream. Stir almost continuously until it thickens and leaves a coating on the back of the spoon. *The custard will gradually lose the foamy appearance on the top as it heats and thickens.* Stir in the vanilla and stem ginger syrup. Serve custard warm or leave to cool with the surface covered directly with plastic wrap to prevent a skin forming.

Serve the cakes warm as a pudding with custard or leave to cool and serve as a little cake. **Makes 8 cakes**

Pantry note

Stem ginger in syrup: is available at Asian supermarkets.

Vanilla bean paste: gives an intense vanilla flavour as well as adding vanilla seeds to your dish. A good vanilla extract can be used as an alternative.



Little Rhubarb Crumble Cakes
with Ginger Custard

Sticky Pear and Ginger Pudding with Toffee Sauce

Sauce	¼ teaspoon ground cloves
180 grams brown sugar	125 grams butter, melted
120 grams butter	125 grams soft brown sugar
125 ml cream	200 grams golden syrup or treacle
Gingerbread	2 eggs, beaten
4 small firm ripe pears	6 tablespoons milk
250 grams plain flour	
1 teaspoon baking soda	To serve
3 teaspoons ground ginger	crème fraîche

Preheat the oven to 180°C. Line a loose-bottomed, 22 cm square cake tin tightly with aluminium foil then line with baking paper.

Sauce: Heat the sugar, butter and cream until the sugar has completely dissolved and the sauce is bubbling. Pour ⅓ of the sauce into the prepared tin and keep the rest to serve with the pudding.

Peel the pears and cut in half, removing the cores. Place the pears cut side down onto the sauce.

Gingerbread: Sieve the flour, baking soda, ginger and cloves into a large mixing bowl. In a separate bowl combine the melted butter, sugar, golden syrup, eggs and milk and stir until smooth and amalgamated. Pour the wet mixture into the dry ingredients and stir until just combined. Pour evenly over the pears and bake 55-60 minutes or until a skewer inserted into the centre comes out just clean. When cooked, cool for about 5 minutes in the tin before inverting onto a plate. Serve warm with the extra toffee sauce and crème fraîche.

The pudding can be made in advance. Just cool it completely in the tin and warm in a hot oven just before serving. **Serves 8**



“Let them eat brioche” was Queen Marie Antoinette’s famous response to news of the revolutionary mob marching on Versailles, protesting that they had no bread.



Apricot Glazed Fruit Brioche
[see recipe following page]

Apricot Glazed Fruit Brioche



Apricot Glazed Fruit Brioche

Brioche is best served on the day of making or stored in an airtight container and warmed or toasted before eating.

300 grams plain flour	60 grams chopped dried apricots or other dried fruit
¼ teaspoon fine salt	
1 tablespoon caster sugar	½ teaspoon ground cinnamon
1 teaspoon dried yeast or 10g fresh yeast	1 tablespoon demerara sugar
2 tablespoons tepid water	To glaze
4 eggs, beaten	2 tablespoons apricot, quince or other fruit paste, plus extra to serve
150 grams butter, cubed, at room temperature	

Saucy Chocolate Pudding with Toasted Almonds

125 grams plain flour	30 grams flaked, roasted almonds*
75 grams caster sugar	
2 teaspoons baking powder	Topping
2½ tablespoons cocoa	175 grams brown sugar
50 grams ground almonds	2 tablespoons cocoa
100 grams dark chocolate, chopped	4 tablespoons whisky
175 ml milk	100 ml cream
50 grams butter, melted and cooled	100 ml boiling water
2 eggs	To serve
few drops vanilla extract	extra roasted almonds
	ice cream

Preheat the oven to 180°C and lightly grease a 750 ml (3 cup) ceramic pie dish.

Sift the flour, caster sugar, baking powder and cocoa into a bowl then stir in the ground almonds and chocolate.

Combine the milk, melted butter, eggs and vanilla then mix into the dry ingredients. Sprinkle half of the almonds into the base of the prepared dish then pour the mixture over the top.

Combine the brown sugar and cocoa and sprinkle over the pudding. Combine the whisky and cream in a jug then add the boiling water. Pour the liquid carefully and evenly over the batter.

Bake 40–45 minutes or until the pudding feels firm to the touch when pressed lightly. Serve hot, spooned into bowls with a sprinkling of roasted almonds and a scoop of ice cream if desired. **Serves 6-8**

*To roast nuts – see technique pg 128.

Lightly grease a 20 cm fluted brioche tin or a baking tray. Sift the flour and salt into a large bowl and make a well in the centre. Put the water in a small bowl, sprinkle in the sugar and yeast and leave for 10 minutes to foam. Add to the flour along with the eggs and, using a wooden spoon, mix to form a dough.

Turn the dough out onto a lightly floured surface or place in the bowl of an electric mixer with a dough hook, and knead for 6-8 minutes. Slowly add the butter, kneading well after the addition of each cube, until it is all incorporated. The dough will become very soft and sticky but keep it moving, adding a little flour if necessary. When all the butter is incorporated wrap the dough loosely in plastic wrap and chill for at least 1 hour or overnight.

Combine the dried fruit, cinnamon and demerara sugar in a small bowl and set aside. Knock the dough back and knead for a further 8-10 minutes or until it returns to room temperature and is soft.

Pat the dough out into a flat disc and sprinkle over the dried apricot mixture. Roll the dough into a pinwheel then fold in the ends, shaping the dough into a round ball with all the apricot enclosed inside. Place seam side down in the prepared tin. Cover and leave to prove in a warm place for 1-1½ hours, until doubled in size.

Preheat the oven to 190°C – no fan. Bake 40-45 minutes or until golden on top and hollow sounding when tapped. *If the top starts to get a little dark then cover loosely with foil.* Remove from the oven and while still warm brush with melted fruit paste. Serve warm. **Makes 1 x 20cm fluted brioche. Serves 6-8**



Saucy Chocolate Pudding
with Toasted Almonds

Hazelnut Tiramisu Layer Cake



Hazelnut Tiramisu Layer Cake

Cake	Cream
300 grams hazelnuts, roasted	200 grams mascarpone
300 grams caster sugar	3 tablespoons demerara sugar
1 tablespoon instant coffee	2 tablespoons cooled espresso coffee
8 egg whites	30 grams finely grated chocolate
75 grams plain flour	
	To serve
	icing sugar

Preheat the oven to 190°C. Lightly grease a 22 cm x 33 cm rectangular slice or cake tin and line the base with baking paper.

Place the hazelnuts, sugar and coffee in a food processor, process until the nuts are finely ground then transfer to a large mixing bowl.

In a separate bowl beat the egg whites to soft peaks. Gradually fold the egg whites into the nut mix then carefully fold in the flour. Pour the mixture into the prepared tin and bake for 20-25 minutes or until a skewer inserted into the centre comes out clean.

Leave to cool for 5-10 minutes in the tin before turning out and cooling completely.

Cream: Combine all the ingredients in a small bowl, cover and refrigerate until ready to use.

To serve: Trim the edges from the cake and discard. Cut the cake in half crosswise. Spread the tiramisu cream evenly over one half of the cake and then carefully place the second half on top. Dust with icing sugar before cutting into fingers or squares. **Serves 6-12**

Steamed Candied Orange Puddings

Caramel	
4 tablespoons water	125 grams plain flour
225 grams caster sugar	1 teaspoon baking powder
	50 grams fine quick cook polenta
Pudding	
250 grams caster sugar	2 tablespoons milk
250 grams butter	
5 eggs, beaten	To serve
fine zest of 1 large orange	candied orange peel, cut into strips
	crème fraîche

Preheat the oven to 180°C. Place 8 x 150 ml pudding moulds in a deep, heavy-based baking dish or tray.

Caramel: Place the water and sugar in a saucepan over a low heat and stir until the sugar has dissolved. Stop stirring, increase the heat and cook until it turns a deep caramel colour. Remove the pan from the heat and dip the base of the pan in cold water to stop it cooking any further. Carefully pour the caramel into the base of the tins. Tilt each one slightly as you go, to spread the caramel evenly around.

Drizzle any remaining toffee onto a piece of baking paper to use for decoration. Once the caramel in the moulds has set lightly grease any remaining exposed surfaces with a little butter.

Puddings: Cream the sugar and butter until pale and fluffy. Gradually add the eggs and orange zest, beating well. *This may curdle a little but don't worry.*

Sieve the flour and baking powder together then stir in the polenta. Gently fold into the butter mixture. Add enough milk to obtain a dropping consistency.

Fill the pudding moulds about $\frac{3}{4}$ full with the mixture then return to the dish. Pour hot water around the puddings to come $\frac{2}{3}$ up their sides. Cover the whole dish with foil and bake 50-55 minutes or until the puddings are spongy to the touch but not solid. Remove from the oven and immediately invert each pudding onto a tray. If the puddings cool too much before turning out it may be necessary to use a blow torch on the base of the tins to loosen any caramel that is sticking.

To serve: Top each pudding with a spoonful of crème fraîche and decorate with the extra caramel pieces and candied orange peel. **Makes 8**

PROP CREDITS:

Vanilla Rice Pudding with Shiraz Poached Quinces: Marble table top – Philippe's French Antiques & Interiors; Wedgewood bowl, jug and spoon – Antiques of Epsom; vintage cloth – Victorian Gilt. Antique mixing bowl – Antiques & Angels.

Little Rhubarb Crumble Cakes with Ginger Custard: Tony Sly plate – Cranfields; spoon – Antiques of Epsom; cream bottle – Flotsam & Jetsam; cake stand – Nelson & Co; napkin – Vintage Antiques; cupcake cases – Epicure Trading.

Sticky Pear and Ginger Pudding: platter – Acland Holdings.

Apricot Glazed Fruit Brûlée: cloth – Vintage Antiques; spoon – Antiques of Epsom; butter dish – Nest.

Saucy Chocolate Pudding with Toasted Almonds: Tony Sly baker – Cranfields; spoons – Antiques of Epsom; bowls – Crave; cloth – Victorian Gilt.

Hazelnut Tiramisu Layer Cake: Tony Sly platter – Cranfields; napkins – Vintage Antiques; forks – Bashford Antiques.

Steamed Candy Orange Puddings: tray – Acland Holdings; spoon – Bashford Antiques; napkin and plate – Vintage Antiques; glass – Passionata.

Cardamom Madeleines: glass bowls – Passionata; spoon – Bashford Antiques.

See 'Where to Buy' pg 129.



Steamed Candied Orange Puddings



Cardamom Madeleines with Roasted Tamarillo Fool

Fool	Madeleines
6-8 tamarillos	125 grams butter
50 grams brown sugar	3 eggs at room temperature
2 tablespoons runny honey	125 grams plain flour
¾ cup cream	½ teaspoon baking powder
200 grams Greek-style yoghurt	125 grams caster sugar
1 teaspoon vanilla extract	pinch salt
	¼-½ teaspoon ground cardamom
	½ teaspoon vanilla extract

Preheat the oven to 180°C.

Fool: Halve the tamarillos and scoop the flesh into a small baking dish. Add the brown sugar and honey and mix to combine. Cover with aluminium foil and bake 40-45 minutes. Cool completely.

Beat the cream to soft peaks then gently stir through the yoghurt and vanilla paste. Gradually fold through the cooled tamarillos making sure you leave a marbled effect. Refrigerate until ready to serve.

Madeleines: Melt the butter, leave to cool then stir in the eggs and gently combine. Combine the dry ingredients in a bowl. Make a well in the centre and gradually mix in the eggs and butter. Cover and refrigerate for about 30 minutes.

Preheat the oven to 190°C.

Lightly grease the madeleine moulds with a little extra melted butter and fill them ¾ full with mixture. Bake 12-14 minutes or until the cakes are lightly golden and well risen. *You may need to cook them in several batches depending on the size of your moulds. Grease the moulds for each batch.*

Serve the cakes warm or cool with the tamarillo fool. **Serves 6-8**

and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



Rice Pudding with Shiraz Poached Quince

I couldn't go past the **Richmond Plains Aries Late Harvest Pinot Noir 2008 (\$30, 375ml)** for this dessert. New Zealand's first fully-certified biodynamic dessert Pinot has sweet, brooding aromas of plum and sultana with a hazelnutty complexity. Only 300 bottles produced, so be quick!

Richmond Plains – 03 544 2345 or order online at richmondplains.co.nz

Little Rhubarb Crumble Cakes with Stem Ginger Custard

Sweet rhubarb, mandarin and Manuka honey aromas leap from the **Pegasus Bay Encore Noble Riesling 2008 (\$36, 375ml)**, making it a slippery, sweet and saucy partner for this pudding.

Pegasus Bay Winery – 03 314 6869

Sticky Pear and Toffee Pudding

Slice through that pear and toffee with the crisp Granny Smith apple and honeyed notes of the **Greystone Waipara Late Harvest Riesling 2009 (\$23,375ml)**. It's unctuous, oily and luscious enough to carry this dessert deliciously.

red+white cellar – 0800 WINE RWC (946 3792)

Saucy Chocolate Pudding with Toasted Almonds

The **Renaissance Elemental Porter Ale** is an absolute must with this classic chocolate treat. It oozes molasses, dark roasted hops and toasted nuts, and has an amazing rib-sticking, weighty texture.

For stockists visit online at renaissancebrewing.co.nz

Steamed Orange Brulee Puddings

It'll be hard to limit yourself to just one glass of the **Waimea Late Harvest Riesling (\$14)** because it's so dangerously drinkable. Tangelo, honey and toffee characters really work with the orange in the puddings and cut through the creaminess of the caramel.

To order visit online at waimeabrands.co.nz

Cardamom Madeleines with Tamarillo Fool

Here, I'd reach instantly for a dainty glass of **Gonzalez Byass Nectar PX (\$20, 375ml)**. PX is short for Pedro Ximénez and it's the most luxurious of sherry styles. Sweet enough to counter the tart tamarillo, but clean and elegant enough to match with the cardamom.

Regional Wines & Spirits – 04 385 6952



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The best of Rodney District's hospitality and tourism providers have been selected as finalists in the annual Manaakitanga Awards.

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Warm up this winter with some wonderful food, wine and hospitality. Ideal for a day trip or stay the night and make a weekend of it.

Escape from hibernation this winter, visit Rodney and vote for your favourite Manaakitanga Award finalist before 31 August. Your vote contributes to deciding the winners.

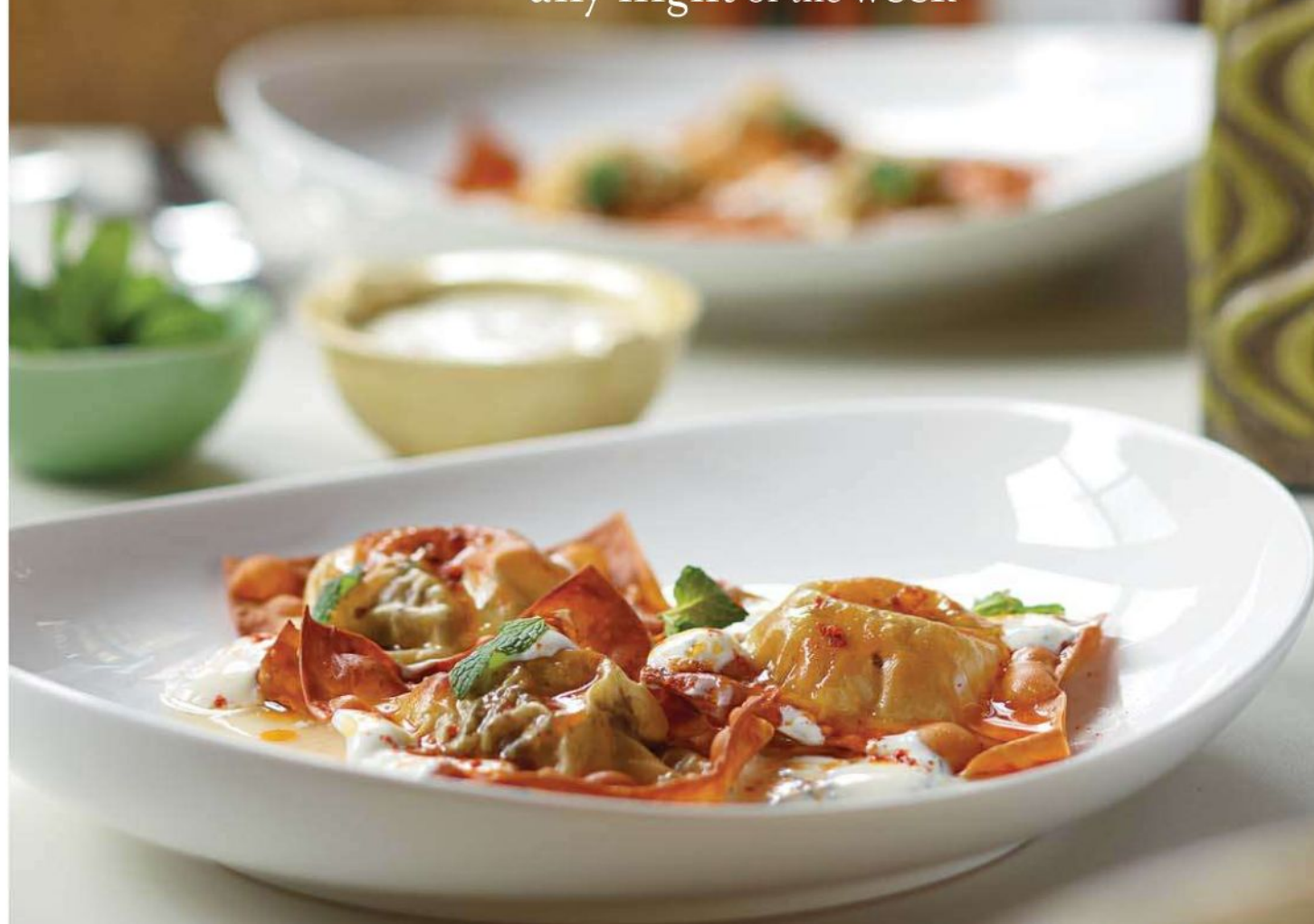
For a full list of finalists visit
www.hospitalityawards.co.nz

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Baked Turkish Lamb Manti
with Minted Yoghurt Sauce

Baked Turkish Lamb Manti with Minted Yoghurt Sauce

24 thin wonton wrappers
1½ cups chicken stock, hot

Filling

200 grams lamb mince
¼ cup cottage cheese
¾ teaspoon ground allspice
finely grated zest 1 lemon
1 clove garlic, crushed
2 tablespoons pistachios,
finely chopped
¼ cup finely chopped mint
sea salt and freshly
ground pepper

To assemble

1 egg beaten with
1 tablespoon water

Yoghurt sauce

1 cup thick plain yoghurt
¼ cup finely chopped mint
juice of ½ lemon

Paprika butter

3 tablespoons butter
1 clove garlic, crushed
1 teaspoon ground paprika
mint for garnish

Preheat the oven to 180° C.

Yoghurt sauce: Whisk the ingredients in a bowl and season.

Filling: Place all the ingredients in a bowl and mix well. Season.

To assemble: Lay out 6 wonton wrappers at a time and place a tablespoonful of filling in the centre of each. Brush the edges with the egg wash and cover with another wrapper, pressing out any air and firmly sealing the edges. *Trim the edges if necessary.* Place on a lined or lightly greased baking tray. Repeat with the remaining wontons and filling. Brush with olive oil and bake for 5-6 minutes until golden and crisp.

Transfer the manti to a baking dish large enough to hold them in a single layer. *The edges can slightly overlap.* Pour the hot chicken stock around the manti and bake for 8-10 minutes.

Paprika butter: Heat the butter, garlic and paprika in a small saucepan until sizzling.

To serve: Transfer the manti to shallow serving bowls and spoon over the chicken stock. *There won't be a lot of stock.*

Top with the yoghurt sauce then drizzle with the paprika butter. Garnish with mint and serve immediately with a green salad.

Serves 4



Market Fish with White Wine, Grapes and Tarragon

750 gram fillets firm white fish,
such as gurnard

½ cup plain flour

2 tablespoons olive oil
knob of butter

Sauce

2 spring onions, thinly sliced

1 clove garlic, crushed

1 teaspoon dried tarragon

½ cup white wine

½ cup chicken or fish stock

3 tablespoons cream

1 cup seedless grapes, halved

1 tablespoon finely chopped
flat-leaf parsley

sea salt and freshly
ground pepper

Put the flour in a shallow dish and season well with sea salt and pepper. Dust the fish in the flour, shaking off the excess.

Heat the olive oil in a sauté pan and drop in the butter. Add the fish and cook until golden on both sides and just cooked through. Transfer to a plate and cover to keep warm. *Don't wash the sauté pan.*

Sauce: Add the spring onions, garlic, tarragon and white wine to the pan. Cook over a high heat until most of the wine has evaporated, scraping the base of the pan to release any sticky bits. Pour in the stock and cream and cook until reduced and syrupy, then add the grapes and flat-leaf parsley, season and heat through.

To serve: Place the fish on serving plates and spoon over the grapes and sauce. Serve with the root vegetable gratin on page 110 and a green salad. **Serves 4**



Cook's Tips

- Don't use low-fat mince or the filling will be dry.
- Crumbled goat's cheese or feta cheese can be used in place of the cottage cheese.
- Sumac can be used in place of the paprika.



Roasted Basil and Lemon Chicken with Jerusalem Artichokes

1 free-range chicken, preferably corn-fed	To cook
100 grams cream cheese at room temperature	olive oil
1 clove garlic, crushed	1 lemon, thinly sliced
finely grated zest 1 lemon	1 teaspoon ground paprika
2 spring onions, finely chopped	sea salt and freshly ground pepper
¼ cup finely chopped basil	800 grams Jerusalem artichokes
sea salt and freshly ground pepper	

Preheat the oven to 180°C.

Combine the cream cheese, garlic, lemon zest, spring onions and the basil in a bowl and season.

To prepare the chicken, use kitchen scissors to cut down either side of the backbone. Remove and discard the backbone, snip the wishbone and push the chicken against the bench to lie flat.

Using your fingers, gently ease the skin away from the flesh of the breast, thighs and drumsticks. Taking care not to tear the skin, spread the cream cheese mixture over the flesh and smooth the skin back over the top.

To cook: Brush both sides of the chicken with olive oil and season with salt and pepper. Lay the lemon slices over the skin, brush with olive oil and dust with paprika. Place skin side up in a roasting dish.

Scrub the artichokes well to remove any dirt. If they are very large, cut in half. Toss with a little olive oil, season and place around the chicken. Roast for 1 hour, basting the chicken occasionally with the pan juices and turning the Jerusalem artichokes. *The chicken is cooked when the juices from the thigh run clear when pierced with a skewer.* Remove the artichokes from the tray when tender and keep warm. Rest the chicken, loosely covered, for 10 minutes.

To serve: Carve the chicken and arrange on a platter with the artichokes. Spoon over the pan juices and serve with the sautéed Brussels sprouts on page 110. **Serves 4-6**

Warm Chicken Liver Salad on Garlic Croutes

400 grams fresh chicken livers	2 tablespoons balsamic vinegar
3-4 tablespoons olive oil	1 shallot, finely chopped
knob of butter	1 clove garlic, crushed
12 large sage leaves	1 teaspoon Dijon mustard
4 large Portobello mushrooms, sliced ½ cm thick	sea salt and freshly ground pepper
2 handfuls baby spinach	To serve
Dressing	4 slices sourdough bread, grilled and rubbed with a cut clove of garlic
2 tablespoons olive oil	

Dressing: Whisk the ingredients in a bowl, season and set aside.

Clean the chicken livers, trimming off the white sinew and any greenish bits that will be bitter.

Cut each liver into two large pieces.

Heat 2 tablespoons of the olive oil and a knob of butter in a sauté pan and fry the sage leaves until crisp. Drain on kitchen towels. *Frying the sage leaves first will flavour the oil.*

Add the chicken livers to the pan, season and sauté over a medium heat for about 4 minutes until nicely caramelized on the outside and still a little pink in the centre. Transfer to a bowl, cover and keep warm. Add a little more oil and butter to the sauté pan and cook the mushrooms until golden and tender. Add the spinach, the chicken livers with any resting juices and the dressing to the pan, turning to combine and lightly wilt the spinach.

To serve: Place the grilled bread on serving plates and spoon over the chicken livers. Garnish with the crisp sage leaves. **Serves 4**



Pantry note

Jerusalem artichokes: this autumn/winter vegetable is neither an artichoke nor is it from Jerusalem – it's actually native to North America. When buying Jerusalem artichokes look for firm tubers with as few bumps and lumps as possible, so that peeling is easier and there isn't too much waste. Store somewhere cool and dark, as you would potatoes.



Cook's Tips

- Don't wash the grated potato in water as the starch helps bind the crust together.
- If using a box grater to grate the potatoes, a lot of liquid will come out. Place the grated potato in a clean tea towel and wring tightly to remove excess liquid.
- Use 1 teaspoon ground cumin if you don't have cumin seed.
- Use a flavoured feta such as pesto.
- Spinach can be used in place of the silverbeet.



Potato Crusted Silverbeet and Feta Tart

Potato Crusted Silverbeet and Feta Tart

Crust	Filling
800 grams floury potatoes, such as Agria	2 tablespoons olive oil
1 egg	1 red onion, thinly sliced
1 teaspoon cumin seeds, toasted	1 clove garlic, crushed
1 clove garlic, crushed	1 tablespoon finely chopped rosemary or thyme
3 tablespoons melted butter	3 cups packed, shredded silverbeet
sea salt and freshly ground pepper	1 cup sour cream
	5 eggs
	1 tablespoon wholegrain mustard
	150 grams feta cheese
	10 cherry tomatoes, halved
	¼ cup freshly grated Parmesan cheese

Preheat the oven to 180°C.

Grease a 26 cm x 3.5–4 cm deep loose-based tart tin or metal pie tin very well and place on a baking tray. *This catches any filling that leaks from the tart.*

Crust: Peel and coarsely shred the potatoes. *A mandolin or food processor with a grating attachment is best for this.* Whisk the egg, cumin and garlic in a large bowl and toss through the potato. Add the melted butter, season generously and toss well to coat.

Press the mixture into the tin, bringing it up the sides as you would with pastry. Bake for 30 minutes. As it cooks, remove it from the oven several times and lightly press the crust with the back of a spoon as the potato softens, pushing it against the sides and base and sealing any holes in the crust, until crisp and golden.

Filling: Heat the olive oil in a large sauté pan and cook the onion, garlic and thyme until soft. Add the silverbeet, season and cook until tender. Cool for 10 minutes.

Whisk the sour cream, eggs and mustard in a large bowl and season. Set a third (50 grams) of the feta cheese aside and crumble the rest into the silverbeet mixture. Combine, tip into the potato crust and crumble the remaining feta over the top. Dot over the tomatoes and scatter with Parmesan cheese.

Bake for 25 minutes or until the filling is golden and firm to the touch. Serve hot or warm with the sautéed Brussels sprouts on page 110 or salad. **Serves 6-8**



Prawn and Pork Cakes with Noodles and Broth

150 grams peeled raw prawns, roughly chopped	Noodles
200 grams pork mince (we used free-farmed)	200 grams fresh rice noodles
2 teaspoons grated fresh ginger	1 cup chicken stock
1 clove garlic, crushed	1 cup coconut cream
2 teaspoons soy sauce	2 teaspoons brown sugar
2 teaspoons fish sauce	2 teaspoons julienne* ginger
pinch of chilli flakes	2 tablespoons each fish sauce and lime juice
1 egg white	1 long red chilli, seeded and thinly sliced
1 spring onion, finely chopped	To serve
small handful coriander, chopped	2 spring onions, thinly sliced
sea salt and freshly ground pepper	small handful coriander

Prawn cakes: Place all the ingredients in a food processor and pulse until well combined. Tip into a bowl and season. *The mixture will be soft.* Cover and refrigerate if not using immediately.

Noodles: Drop the noodles into a saucepan of boiling water and cook for 2 minutes. Drain well. Put the stock, coconut cream, sugar and ginger in a saucepan and bring to the boil. Add the fish sauce, lime juice and the chilli.

To assemble: Heat a little vegetable oil in a sauté pan. Scoop out tablespoonfuls of the prawn mixture and place in the sauté pan, lightly flattening them. *The mixture should make 12 cakes.* Cook for 2-3 minutes each side and drain on kitchen towels.

To serve: Place the noodles in serving bowls and pour over the hot broth. Top with 3 prawn cakes and scatter with spring onions and coriander.

Serves 4

*Julienne – see technique pg 128.



Cook's Tip

Fresh noodles take only a short time to cook. Substitute with thin egg noodles if desired.



Root Vegetable Gratin

Root Vegetable Gratin

3 cups chicken stock	To assemble
2 bay leaves	½ cup freshly grated Parmesan cheese
1 onion, thinly sliced	½ cup panko crumbs
1 tablespoon thyme leaves	2 tablespoons butter
2 cloves garlic crushed	sea salt and freshly ground pepper
grating of nutmeg	8 cup capacity baking dish
1½ kilograms of any combination of the following: Agria potatoes, kumara, carrots, parsnips	

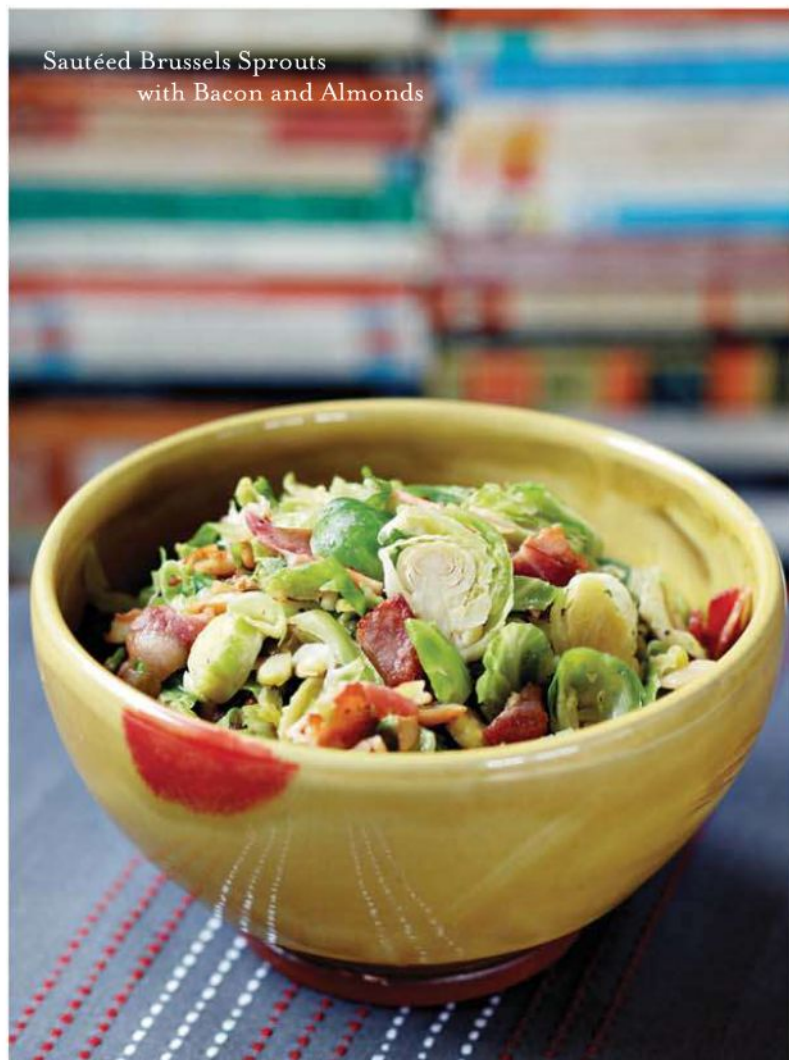
Preheat the oven to 200°C.

Vegetables: Place all the ingredients, except the vegetables, in a large saucepan and bring to the boil. Simmer for 5 minutes. Peel and thinly slice the vegetables. *A mandolin is ideal for this.* Add the vegetables to the stock, season well and simmer gently for 10 minutes. Using a slotted spoon, transfer the vegetables to the baking dish then pour over the liquid. Combine the Parmesan and panko crumbs and scatter over the top. Dot with the butter and bake for 40-50 minutes until the vegetables are very tender and the top is golden. *If the top is getting too brown, cover loosely with a piece of aluminium foil.* **Serves 6**



Pantry note

Panko crumbs: these flakey Japanese dried bread crumbs create a deliciously crunchy crust. They are readily available from Asian stores and good supermarkets.



Sautéed Brussels Sprouts
with Bacon and Almonds

Sautéed Brussels Sprouts with Bacon and Almonds

500 grams firm Brussels sprouts	2 cloves garlic, crushed
small knob of butter	2 tablespoons slivered almonds
100 grams bacon, thinly sliced	sea salt and freshly ground pepper
2 spring onions, thinly sliced	

Trim the end of the sprouts, remove any tatty leaves and slice ½ cm thick. Blanch in boiling salted water for 2 minutes. Drain well.

Heat the butter in a sauté pan and cook the bacon, spring onions, garlic and almonds until lightly golden. Add the Brussels sprouts, season well and cook over a high heat for 3-4 minutes, tossing to combine. Transfer to a serving bowl and serve immediately.

Serves 4



Beef Olives with Cherry Tomatoes
[see recipe following page]

Beef Olives with Cherry Tomatoes

600 grams beef schnitzel	Tomato sauce
1 tablespoon olive oil	1 onion, finely chopped
Filling	1 clove garlic, crushed
250 grams button mushrooms	½ cup red wine or chicken stock
2 tablespoons olive oil	1 x 400 gram tin whole cherry tomatoes
knob of butter	1 x 400 gram tin crushed tomatoes
1 small onion, finely chopped	To assemble
2 cloves garlic, crushed	4 x 2 ½ cup capacity shallow baking dishes
1 tablespoon finely chopped thyme or rosemary	toothpicks or kitchen string
½ cup grated cheddar cheese	To serve
finely grated zest 1 lemon	Parmesan cheese
1 egg	small handful flat-leaf parsley

Preheat the oven to 180°C.

Cut each schnitzel into pieces the size of your hand and flatten to an even thickness. *To do this lay the pieces on a board and cover with a sheet of plastic wrap. Pound gently with a rolling pin.*

Filling: Clean the mushrooms and chop finely. Heat the olive oil and butter in a sauté pan and cook the onion, garlic and thyme until soft. Increase the heat, add the mushrooms, season and cook, stirring frequently, until tender and all the liquid has evaporated. Tip into a bowl and stir in the cheese and lemon zest. Cool for 10 minutes then add the egg and combine well.

Lay the pieces of schnitzel on the bench and season. Divide the filling evenly between them and spread to an even layer. Roll up to enclose the filling and secure with a toothpick or kitchen string. *There is no need to fold in the sides.* Heat the olive oil in a sauté pan and quickly brown the beef olives on all sides. Transfer to a plate. Don't wash the sauté pan.

Tomato sauce: Add the onion and garlic to the sauté pan and cook until tender. Add the wine or stock and let it bubble up and cook until nearly evaporated. Add the cherry and crushed tomatoes and simmer for 5 minutes.

To assemble: Put the baking dishes on a baking tray and place a spoonful of sauce in the base. Top with the beef olives and spoon over the remaining sauce. Cover with a piece of baking paper then aluminum foil, sealing tightly. Bake for 40 minutes. Uncover and cook for 10–15 minutes or until the beef is tender.

To serve: Sprinkle the beef olives with grated Parmesan and flat-leaf parsley. Serve with the gratin and the Brussels sprouts on page 110.

Serves 4

PROP CREDITS:

Baked Turkish Lamb Manti: 'Paperbacks' wallpaper by Tracy Kendall – Paper Room; plates and glazed pot – Republic Home; Aimee McLeod bowls – The Poi Room; 'Couture' chairs by Philippe Starck and 'Nami' Table by Tokujin Yoshioka – Indice.

Market Fish: Metropolis dinner plate – Country Road; black abaca placemat – Freedom; 'Stacks' coaster by Ella Doran – Paper Room.

Warm Chicken Liver Salad: plate – Country Road.

Roasted Basil and Lemon Chicken: 'Stacks' wallpaper by Ella Doran used as table runner – Paper Room; platter – Republic Home; Citta black resin server – Corso De Fiore.

Potato Crusted Silverbeet and Feta Tart: Coco dinner plate in stone grey – Nest; Alessio tea towel – Country Road; Tse Tse cutlery – Tessuti.

Prawn and Pork Cakes with Noodles and Broth: 'Stacks' table mat by Ella Doran – Paper Room; stoneware bowl – Corso De Fiore; Typhoon chopsticks and bamboo spoon – Milly's.

Gratin: Purewhite rectangular baker and Room Service dinner plates – Nest; Citta black resin server – Corso De Fiore; napkins – Freedom; Ellie placemat – Country Road; salt dish – Corso De Fiore.

Sautéed Brussels Sprouts: Andrew Van der Putten bowl – The Poi Room; Citta Polo stitch tea towel – Corso De Fiore.

Beef Olives with Cherry Tomatoes: Maxwell Williams gratin dishes – The Homestore; napkins and Moreton plates in Ocean – Freedom; T & G pepper mill – Milly's.

Blackberry and Apple Cobbler: bowls – Corso De Fiore; Ellie placemat – Country Road; 'Stacks' placemat by Ella Doran – Paper Room; Aimee McLeod bowl – The Poi Room.

and to drink...

Wine writer Yvonne Lorkin suggests matches for these dishes



Baked Turkish Lamb Manti

The baked strawberries, rhubarb and lush plum notes in the **Ara Pathway Pinot Noir 2008 (\$20)** are a great introduction to spicy, earthy characters that suit this Turkish dish to a T.

To order visit online at ara.co.nz

Market Fish with White Wine, Grapes and Tarragon

Such a rich, creamy, herb-laden sauce and fleshy fish needs only the **Seresin Marlborough Sauvignon Blanc 2009 (\$27)** to reach perfection. It's a funky, multi-layered wine boasting elderflower, white peach, green nectarine and lovely hazelnut characters.

To order visit online at seresin.co.nz

Potato Crusted Silverbeet and Feta Tart

A really light, ripe and fruity Chardonnay will really lift the subtle aromatics in this dish and cut through the starchy spuds. Try the award-winning **Saint Clair Marlborough Chardonnay 2009 (\$20)** for its concentrated peach, melon and juicy tropical and toasty notes.

For stockists contact Negociants – 09 531 5222

Roast Basil and Lemon Chicken

I love this recipe! And a glass of **Esk Valley Chenin Blanc 2009 (\$19)** with its crisp apple, lifted herbs and tropical fruit characters combined with a long, textural finish is the perfect partner. You've got to try it.

Esk Valley Estate – 06 872 7430

Prawn and Pork Cakes with Noodles and Broth

A Pinot Gris with a hint of sweetness is the way to go with this Asian dish, and I love the **Burnt Spur Martinborough Pinot Gris 2009 (\$22)**. Waves of ripe pear, quince and punchy stonefruit lead to a tangy, lengthy, delicious finish to top off the broth.

Distinguished Vineyards – 09 358 8692

Warm Chicken Liver Salad on Garlic Croutons

The moreish meatiness of these tender chicken livers requires a smooth, warming, juicy Pinot Noir with elegance and length; the **Mt Beautiful Cheviot Hills Pinot Noir 2008 (\$33)** from North Canterbury provides just that and more.

For stockists or to order visit online at mtbeautiful.co.nz

Beef Olives with Cherry Tomatoes

No question, the **Mills Reef Elspeth Merlot 2007 (\$39)** is a stunning sip with this classic beef dish. It's dense, silky and seductive with gun smoke, baked plums, toasted coconut and cocoa notes combined with elastic tannins that cry out for beef, mushroom and tomato tastiness.

For stockists visit online at millsreef.co.nz

Blackberry and Apple Cobbler

This dessert oozes sweet berry fruit so add a little honey, toffee and white peach flavour from the **Johanneshof Vendange Tardive Gewürztraminer 375ml (\$24)**. They are the gurus of Gewürztraminer production in every which way, and they've balanced the sweetness and acid beautifully.

To order visit online at johanneshof.co.nz



Blackberry and Apple Cobbler

Filling	400 grams cooking apples, such as Braeburn or Granny Smith	½ teaspoon each ground cinnamon and ginger
	500 grams frozen blackberries, thawed with their juices	2 teaspoons baking powder
	4 tablespoons caster sugar	2 tablespoons caster sugar
	finely grated zest 1 lemon	80 grams butter, diced and chilled
	1 tablespoon lemon juice	⅓ cup buttermilk or sour cream
	2 tablespoons cornflour	1 tablespoon caster sugar for sprinkling
Topping	1 cup plain flour	To serve
	pinch of salt	icing sugar
		softly whipped cream or ice cream

Preheat the oven to 180°C.

Filling: Peel and thinly slice the apples. Combine with the other ingredients in a large bowl then divide the fruit evenly between 4 x 1⅓ cup capacity baking dishes, scraping in any juices left in the bowl.

Topping: Put the flour, salt, spices, baking powder, caster sugar and butter in a food processor and pulse to form coarse crumbs. Pulse in the buttermilk or sour cream to form a crumbly dough. Loosely pile the dough on top of the fruit and sprinkle with caster sugar.

Bake for 30 minutes until golden and crisp.

To serve: Dust with icing sugar and serve with softly whipped cream or ice cream. **Serves 4**

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New Pathfinder 450T.

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Visit nissan.co.nz for more details.

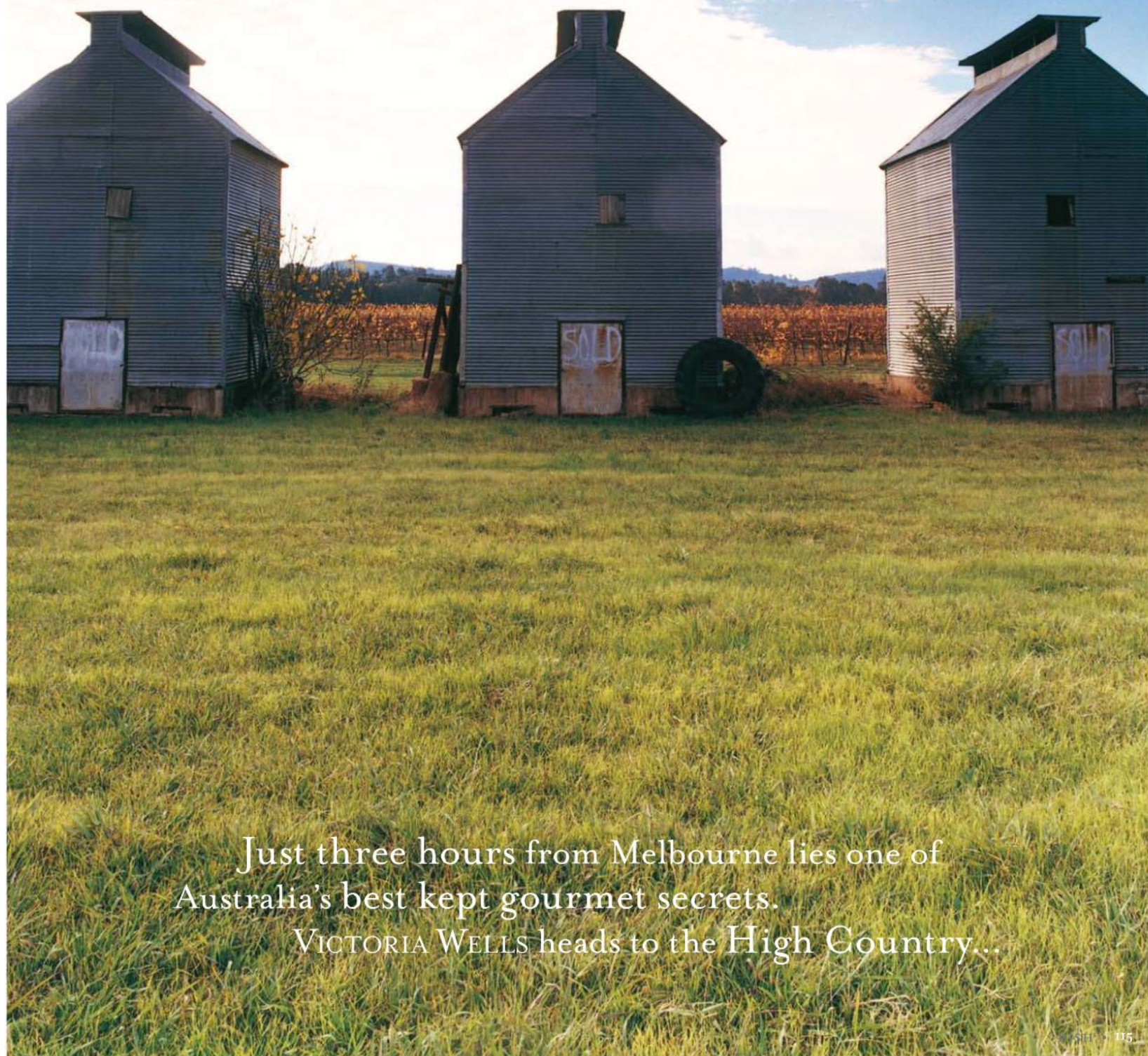
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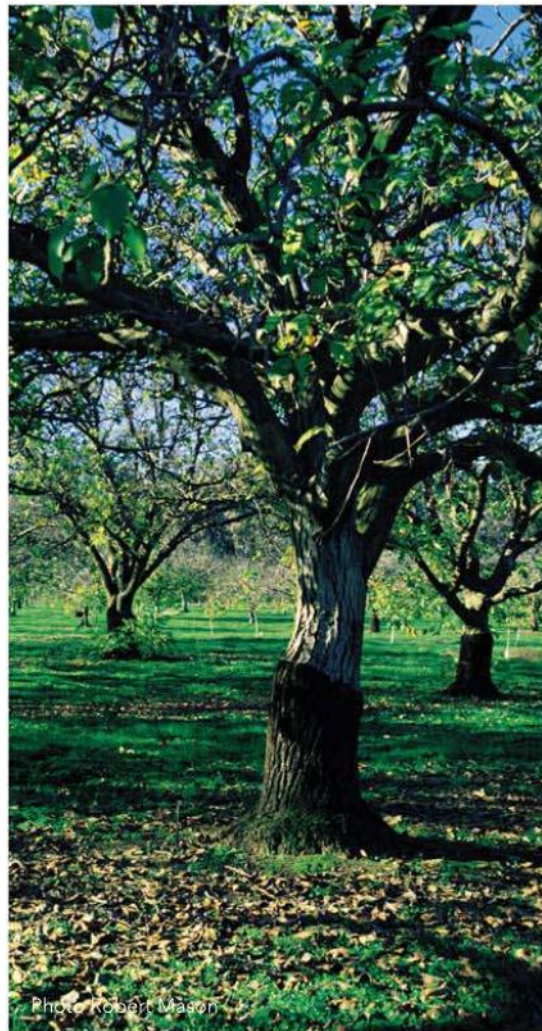


nissan.co.nz

the high life



Just three hours from Melbourne lies one of
Australia's best kept gourmet secrets.
VICTORIA WELLS heads to the High Country...



Clockwise from top left: Walnut orchard in Milawa; part of the range at Milawa Mustards; heaven for olive lovers at The Olive Shop; Bright is famous for its autumnal colours; the dining room at Villa Gusto; gardens at Villa Gusto; nuts are a Milawa specialty.

Opening photo by Mojo Partners.

As I veered off the gravel path into yet another wattle (I blame the bicycle), my patient tour guide peered over his shoulder at me and inquired "Are ya right back there?" I was actually, we had a morning of visiting the best local producers the town of Milawa had to offer, and despite my cycling ineptitude I was having a marvellous time.

Milawa is roughly three hours north east of Melbourne, in Victoria's High Country. The region's climate has given it an abundance of wine growing regions (eight altogether) and it is fast becoming known for its food too, with rapid growth in cheeses, honey, mustards, nuts and meats.

The Milawa Gourmet Region was set up in 1994 to highlight its food and wine and had 14 local producers – it now boasts 46 with more in the pipeline. I joined the group's Chair, Kevin de Henin, for a Pedal to Produce tour around Milawa. There are several trails available – The Gourmet Trail is flat and takes around two and half hours, depending on how long you spend at each stop. The fact I hadn't been on a bike in 18 years didn't deter me, and despite some unexpected forays into the undergrowth I managed pretty well. Or so Kevin said.

Happily, our first stop was across the road

from Café Maddison, where we had met first thing. Milawa Mustards started in 1982 and is run by former chef Anna Bienvenu and husband David, a former fitter and turner, turned mustard-maker. They make 18 different types of mustard by hand, using the mustard plants, herbs and chillies grown on their property just out of town. The business is housed in a beautiful building that dates back to 1861 – a former Cobb & Co Inn, it was the last stop before the goldfields.

Nearby Chrismont Wines provided a chance to try some King Valley wines and its La Zona label offers a range of Mediterranean varietals such as Albariño, Arneis and Marzemino. You can sample at the shop or visit the winery which is a short drive out of town.

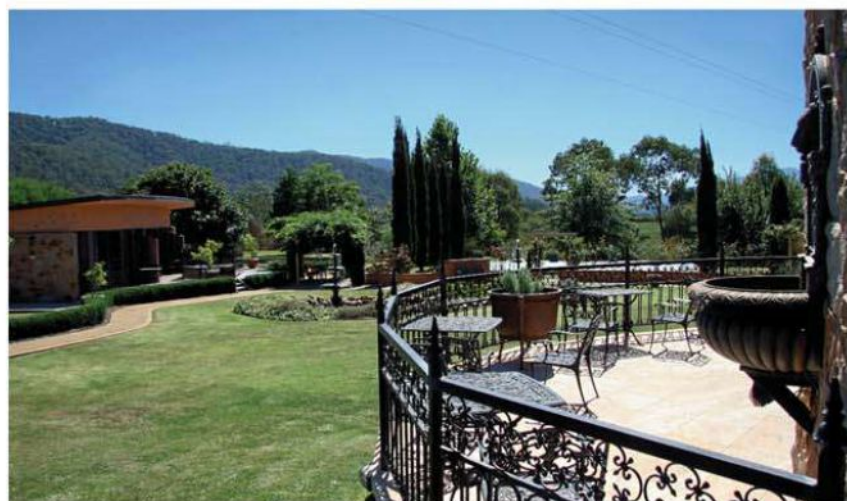
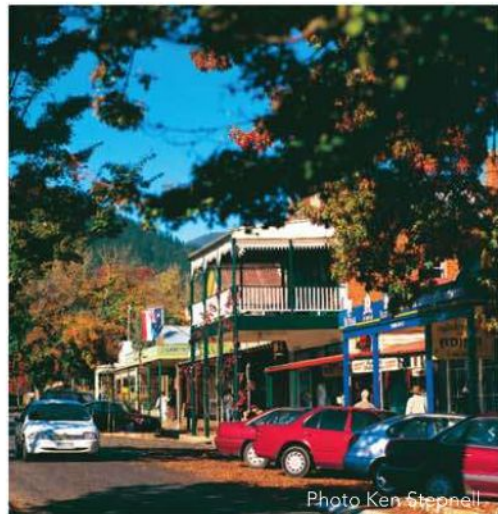
The Olive Shop, a little further along the road, was just that – packed with fresh and cured olives and mainly local oils from within 100 km of Milawa. It's a great spot to fill the handy basket on the front of your bike, or linger and try a tasting plate.

About 10 minutes from the town centre is Milawa Cheese, which was started by David and Annie Brown in the late 80s. The Melbourne couple wanted their children to grow up with a country lifestyle

and so bought Milawa's old butter factory and started making cheese. Many awards later, people flock to try their cow and goat's milk cheeses and the breads baked on site. Daughter Ceridwen has recently returned from five years at London's famed Neal's Yard Dairy so it would seem the family business is in good hands.

Our leisurely cruise through sunny Milawa also took in Wood Park Wines (with its cellar door just next to Milawa Cheese); Walkabout Apiaries with its diverse range of honeys including Yellow Box, Red Gum and Stringy Bark; Ciavarella Oxley Estate winery where the genial Tony Ciavarella plied us with his fantastic 2004 Durif (or Petite Syrah) which he recommended with rich, slow-cooked dishes; and Rose Hill Estate wines, where Kevin and partner Jo Hale specialise in Merlot.

Working up an appetite is all part of the fun, and there are several standout spots to stop for lunch. Just a minute or so from the centre of Milawa is the iconic Brown Brothers Winery, which has been producing wine on the Milawa site since 1889. Boasting a large cellar door, it also has its popular Epicurean Centre. This is a charming, relaxed restaurant, a perfect spot to take a break and enjoy the menu



of seasonal, local produce matched with recommended Brown Brothers wines.

A short cycle out of town, back to nearby Oxley is King River Café, run by the affable chef/owner Ben Bonwick and wife Judy. The fairly open kitchen and bookshelf of cookbooks above the fireplace creates a feeling of being a guest in someone's farmhouse kitchen. The blackboard menu offers 'Baked figs straight from the "secret tree" with Milawa Blue and walnut salad' as well as pasta made fresh daily – the menu exhorts you to 'See what the kids in the kitchen have rolled today'. My meal of beautifully succulent Milawa Free-Range Chicken came with tomatoes grown by local women, and zucchini and mushrooms picked by Ben's elderly father-in-law. The café was one of the original six pubs in Oxley and, Ben tells me, was a favourite haunt of Ned Kelly, who used to sleep downstairs. If you can't stop for a meal, be sure to pop in for a piece of Ben's legendary lemon tart as you pass.

Further on, and the last stop in our tour was Sam Miranda of King Valley. After so many beautiful historic buildings, this winery stands out for its stunning modernity. Sam is the third generation of an Italian winemaking family and after working in the

family business he started his own winery in the King Valley in 2003. The striking Alex Popov-designed cellar door opened in mid-2007 and includes a wine tasting and café area. Its design echoes the historic tobacco kilns still dotted throughout the region. The tall rectangular structures were used to dry tobacco, which was a major crop for the region for nearly a century, until the tobacco industry fell into decline in the late 70s.

The soaring 'kiln' in the cellar door provides a well of light over the tasting bench: perfect when assessing differences in the wines. With a glass of the 08 'Girls' Block', a Cabernet Sauvignon and Petit Verdot blend which Sam and wife Rachel's three daughters helped to make, we enjoyed a tasting plate full of delicacies prepared on site such as caponata, bresaola, jamon, pickled squid, and salmon rilette with pesto.

Thus fortified we rode back into Milawa and our tour was over. With a slight ache in parts I didn't know existed, I walked the little way back to my room at the Lindenwarrah Country House. Sitting on my balcony, I watched the sun set over the property's vineyard of Merlot, which is managed by neighbouring Brown Brothers and produced under Lindenwarrah's own label.

It also has its own award-winning restaurant, Merlot, which showcases produce from within a 20km radius.

The next day I headed deeper into the alpine area, driving around an hour on the Great Alpine Road towards the town of Bright. The countryside was lush, with increasing numbers of abandoned brick or corrugated iron tobacco kilns rising out of the fields. Bright is most famous for the beautiful show of colour its trees put on in the autumn months, and even has a two week festival based around it. My accommodation for the night was at the palatial Villa Gusto, an Italian villa around 10 minutes from Bright's centre. Tucked away behind high hedges, my rental car crunched onto the sweeping gravel driveway which led to the beautiful main house. It's a slice of Italy transplanted into the High Country and takes just 16 guests at a time, giving it a very intimate feel. Villa Gusto has beautiful grounds, complete with chicken coop, fruit trees and extensive vegetable gardens. Its restaurant serves Italian cuisine matched with regional and imported Italian wines.

However, my dinner date was back in Bright, at the renowned Simone's. Patrizia Simone



Photo Peter Dunphy

Clockwise from top: Inside the cellar door at Sam Miranda; the Epicurean Centre at Brown Brothers; Patrizia Simone (far right) and family; the tobacco kiln-inspired tower at Sam Miranda.



Photo Peter Dunphy



is one of the region's most famous and well respected chefs, and this year her restaurant again received two coveted Chef Hats from judges at *The Age Good Food Guide*. In fact, I heard Simone's before I saw it: laughter from guests in the courtyard poured into the street outside. The restaurant is housed in a Victorian brick building, originally a doctor's surgery, and has a warm, welcoming atmosphere. Patrizia runs the kitchen with son Anthony (who trained with Andrew McConnell), while husband George is the sommelier, expertly matching his wife's food with Italian and local wines and beers.

Originally from the Umbrian town of Perugia, Patrizia has been in Australia nearly 30 years, but ironically has found herself back in alpine surrounds, similar to those of her homeland. She has taken advantage of this, following Italian traditions of smoking and preserving a variety of smallgoods for use in the restaurant.

A plate of focaccia with crispy fried sage leaves and anchovy slices was a delicious beginning to my meal, swiftly followed by a platter of salami and prosciutto made from local chestnut-fed pigs, bresaola, home-made plum vincotto, figs with taleggio cheese and fried zucchini flowers. A trout

from nearby Harrietville was smoked over pine with tiny baked potatoes and came to the table still on its smoking rack. There was rabbit from Yackandandah; seven herb cheese-filled ravioli with yellow heirloom tomatoes; and goat served three ways: braised, crumbed and pickled.

While the kitchen turned out these beautiful dishes for a full restaurant, Patrizia could be seen moving between the tables, talking and laughing with guests. She embodied all that is good about Italian food – she is warm, generous and enthusiastic about the ingredients and dishes she creates.

While not as well known as some of Australia's other gourmet regions, locals say Victoria's High Country is already well on its way to rivalling the Barossa, Hunter and Clare Valleys. Better get there before the rest of the tourists do! •

Victoria Wells was a guest of Tourism Victoria. For more information on Melbourne & Victoria please visit www.visitmelbourne.com/nz

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MELBOURNE MUST-DO'S

Looking for great food in central Melbourne? Here are some highlights:

Coda – tucked away in a basement space off Flinders Lane is the spot for lovers of Thai and Vietnamese food with a modern twist. Chef and co-owner Adam D'Sylva was previously at Pearl and Longrain and so brings a strong Asian aesthetic to the menu which is divided into Smaller, Bigger, and The Sweet Stuff. **Don't miss:** the 'Crispy prawn and tapioca betel leaf'. coda.com.au – 141 Flinders Lane (enter off Oliver Lane)

MoVida AQUI – the most recent addition to chef Frank Camorra's Spanish MoVida empire, this version in Bourke St is more modern and with courtyard bar, MoVida Terraza, just outside. Try for a seat by the open plan kitchen, order a flight of sherries and watch the chefs hustle out plates of the Spanish food for which MoVida is famous. **Don't miss:** the 'Butifarra', house-made Catalan pork and pepper sausage with piquillo peppers and baby leeks. movida.com.au – Level 1, 500 Bourke St (access off Little Bourke)

Giuseppe, Arnaldo & Sons (GAS) – part of Crown's ever expanding culinary offering, GAS has proved a winner since opening in 2008. Owners Robert Marchetti and Maurice Terzini created a menu celebrating the best of Italian food. **Don't miss:** the salumi, all produced by Robert Marchetti from Black Berkshire free-range pigs. idrb.com – Riverside at Crown

Birdman Eating – for a breakfast with a difference take a ten minute cab ride from town to Fitzroy, where you'll find Birdman Eating already filling with locals by 9am on a Sunday. No Eggs Benedict here; instead the menu includes items such as coconut quinoa porridge, ricotta hotcakes, and grilled kippers. Shared plates from midday, and dinner. **Don't miss:** the house specialty of 'Baked eggs of the Day'. birdmaneating.com.au – 238 Gertrude St, Fitzroy

Stay at – The Grand Hyatt Melbourne. Centrally located just a short walk from Federation Square, the Grand Hyatt also has the added bonus of being right next to Greg Malouf's hugely popular restaurant MoMo and bar Spice Market. melbourne.grandhyatt.com – 123 Collins St

STAY

Lindenwarrah – lindenwarrah.com.au

Villa Gusto – villagusto.com.au

EAT

Brown Brothers Epicurean Centre – brownbrothers.com.au

King River Café – kingrivercafe.com.au

Simone's – simonesrestaurant.com.au

VISIT

Milawa Gourmet Region – milawagourmet.com

Pedal to Produce – pedaltoproduce.com.au/Milawa

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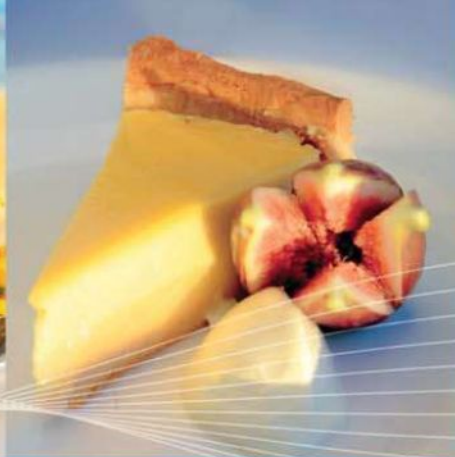
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Noosa is a stylish beach resort with an international vibe. And its location makes it an excellent gateway to World Heritage-listed Fraser Island. Hastings Street is a trendy cosmopolitan hub of beachfront resorts, cafes, delis, designer shops and al-fresco restaurants. But Noosaville's riverfront restaurants are fast catching up, with talented chefs serving up a cornucopia of delicious international flavours. The gourmet scene is world class; ingredients are fresh from the farms and ocean.

Noosa's Main Beach is one of the few north-facing beaches in Australia. Calm conditions make it a great spot for families and those learning to surf. But really keen surfers will love the eastern beaches of Peregrine Beach and Sunshine Beach.

The area's rare natural beauty and sustainable approach earned recognition by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) as an official Biosphere Reserve. And nature is only a short stroll away from the beach at Noosa National Park which is abundant with Australian native wildlife such as koalas, goannas and bush turkeys. The pristine Noosa River meanders through a series of lakes to the scenic Noosa Everglades and can be experienced by kayak or on a river cruise.

Noosa is full of that famous Australian friendliness and laidback style. It is a place blessed with a coastal village feel that both embraces and celebrates the nature that surrounds it and also offers sophistication and choice.

Good

★★★★

7 nights
Hotel Laguna

\$1399*
from
per person twin share

Includes return economy class airfares from Auckland to Brisbane and 7 nights accommodation in a studio room

BONUS

Includes 1 FREE night and 8-day car hire (Hyundai Getz or similar)

Valid for travel 1 Jul - 31 Aug. Please add from \$110 per person for travel 1 Nov - 23 Dec 2010 & 17 Jan - 31 Mar 2011, add from \$150 per person for travel 1 Sep - 31 Oct 2010 and add from \$260 per person for travel 24 Dec 2010 to 16 Jan 2011.

Better

★★★★★

7 nights
Quay West Resort & Spa

\$1739*
from
per person twin share

Includes return economy class airfares from Auckland to Brisbane, 7 nights accommodation in a deluxe studio and buffet breakfast (not included on the mornings of free nights)

BONUS

Includes 2 FREE nights, \$100 food & beverage voucher (1 voucher per booking, per stay) and 8-day car hire (Hyundai Getz or similar)

Valid for travel 1 Jul - 28 Oct & 1 Nov - 23 Dec 2010 & 16 Jan - 31 Mar 2011. Please add from \$440 per person for travel 24 Dec 2010 - 15 Jan 2011 (breakfast and food & beverage voucher is not included).

Best

★★★★★

7 nights
Sheraton Noosa Resort

\$2159*
from
per person twin share

Includes return economy class airfares from Auckland to Brisbane, 7 nights accommodation in a superior room and buffet breakfast daily

BONUS

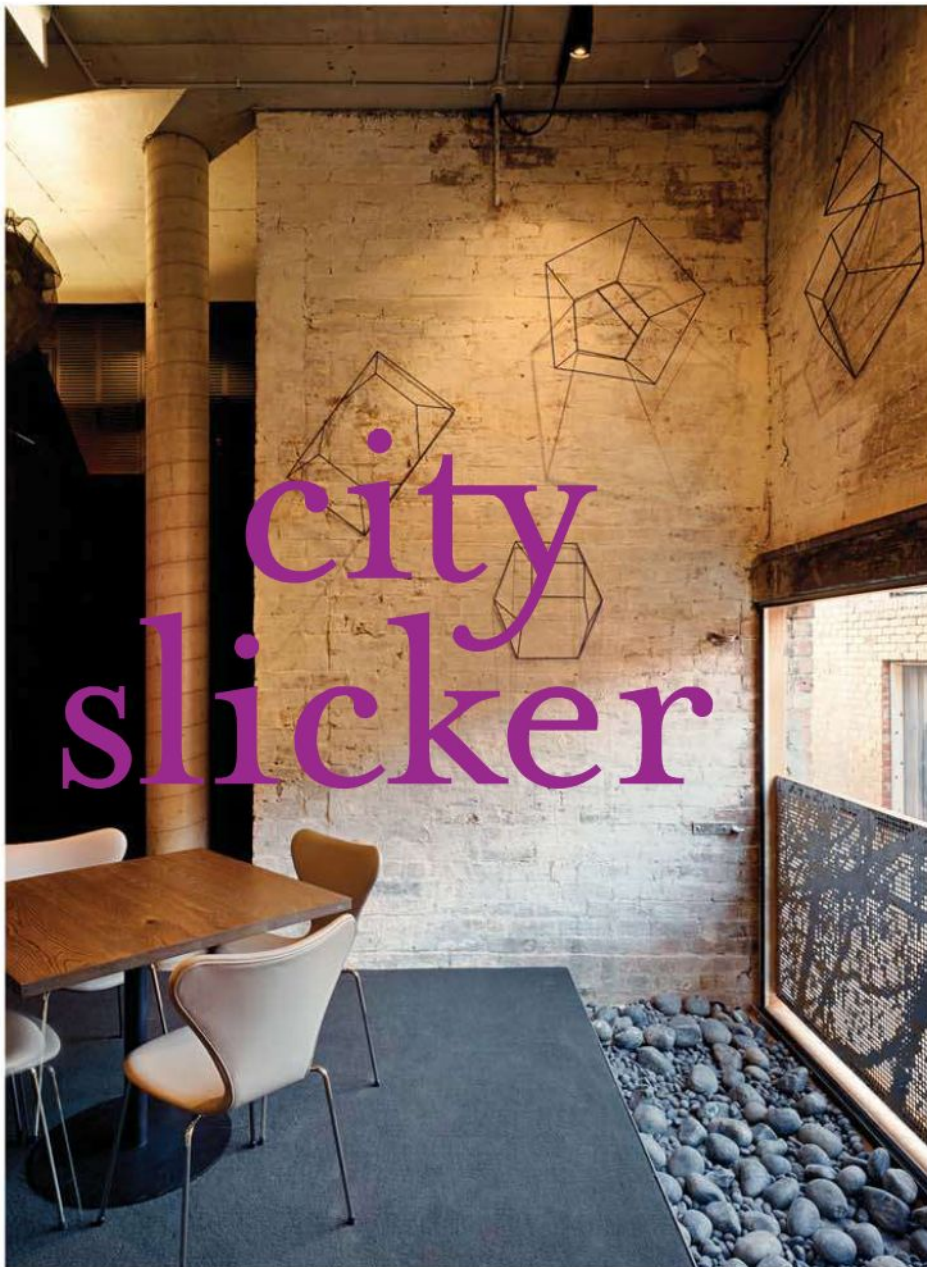
Includes 8-day car hire (Hyundai Getz or similar)

Valid for travel 01 Jul - 15 Sep 2010. Please add from \$270 per person for travel 1 Nov - 23 Dec 2010 & 26 Jan - 31 Mar 2011, add from \$350 per person for travel 16 Sep - 31 Oct 2010 and add from \$1060 per person for travel 24 Dec 2010 - 25 Jan 11.

*TERMS AND CONDITIONS: Package prices are per person twin share, based on return economy class airfares flying Air New Zealand from Auckland to Brisbane, including all ticket taxes and surcharges (which are subject to change), rental car and accommodation as specified. For travel from Wellington please add \$42 per person. For travel from Christchurch deduct \$38 per person. Please contact Mondo Travel for package prices based on departures from other points throughout New Zealand. Special Air New Zealand economy class airfares are based on travel year-round, subject to booking-class availability. Air New Zealand seat capacity is limited and special fare will not be available on all services, if unavailable at time of booking, you will be advised of the airfare surcharge applicable. Accommodation close-out/blackout dates and high season surcharges apply. Please refer to travel periods above, or contact your Mondo Travel specialist for further details. Payment is due within 7 days of booking however payment is required within 24 hours for bookings made within 10 days of departure. All travel to be completed on/before 31 March 2011. Accommodation is based on lead-in room categories which are subject to availability. Supplements apply for higher grades of accommodation. Please note further pre and/or post accommodation may be required, additional to this package price, to fit in with flight schedules and availability. Prices are based on cash or eftpos payment only, are subject to currency fluctuations and may be amended or withdrawn at any time. We welcome ALL major credit cards however a credit card processing fee will apply. Children and infant package pricing is available on request with your Mondo Travel Specialist. Group pricing is not available at these package prices. Waitlists & open dates are not permitted. Please note that airfares are non transferable and name changes are not permitted. Amendment and cancellation fees apply. Mondo Travel recommends QBE Travel Insurance. Please always refer to your Mondo Travel Specialist for full details on 0800 955 655. Have a great journey!



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Melbourne chef Andrew McConnell
is at the top of his game in a city with a rich
food scene. He tells LISA MORTON how
he makes it work...

On stage at one end of the bustling marquee at the Noosa Food and Wine Festival, chef Andrew McConnell runs through the steps to create 'Tuna Tartare with Peas', a popular dish from his Melbourne restaurant Cutler & Co, to a packed but attentive audience. On stage with him is Richard, the local producer of the chillies used in the dish.

Later, when we meet, he further sings the praises of producers in the area – many of whom supply to the best restaurants, not

only on the Sunshine Coast and Brisbane, but in Sydney and Melbourne as well. "That's why I got Richard up," he says. "His produce is just so good."

The Festival is an opportunity for attendees and a number of Australia's most illustrious chefs, to meet local producers and each other in a relaxed environment. Andrew is here to give his demonstration and cook at the Australian Produce Awards Degustation dinner along with Matt Moran, Philip Johnson and other luminaries of the Australian culinary world. Distinctively different from the annual food and wine festivals in Sydney and Melbourne, the Noosa Festival's focus is on the local rather than international.

After the buzz of the festival, we meet again in Melbourne in the quiet of Cutler & Co, of which Andrew McConnell is



Opposite page, clockwise from top: the interior glows at night; Robert Owen sculptures hover on the walls in the rear dining area; Andrew McConnell.

Far left: Cloud-like light sculptures line the dining room; Cutler & Co's take on Salade Lyonnaise.

executive chef and co-owner. Its location in the increasingly popular Gertrude Street, but at its less celebrated end, indicates the position the restaurant has staked out in the Melbourne scene. It has the quality of a fine dining restaurant but with none of the pomp and stuffiness. "Fine dining but without the white table cloths," is how he describes it.

There is a distinct edginess at play – it's a restaurant that carries a kind of rock star chic. The unassuming exterior with its tinted windows, rustic paintwork and neon sign fits into the daytime street scene of boutiques, antique and retro stores along with welfare offices and, across the road, a drug clinic. But at night the room is lit up and visible from the street, glowing like a beacon of culinary delights.

Designed by co-owner and architect, Pascale Gomes-McNabb, the interior draws on the building's origins as a metal factory. It combines industrial elements such as exposed cream-hued brick walls and glass pod light fittings reminiscent of science equipment with a modern bar, over which a tree patterned punched-metal canopy hangs. The harder industrial edges are softened by touches such as the cloud-like lampshades that float along the central dining area. As with the food, the interior discreetly announces modern comfort and sophistication.

Since opening in February last year, Cutler & Co has made an impact in a city renowned for its quality eating establishments. It was awarded Best New Restaurant and Andrew McConnell also won chef of the year for the second time in *The Age Good Food Guide 2010*. It's not just a hit with the locals either; US chef David Chang and Britain's Gordon Ramsay are fans too.

Melbourne-bred and trained, Andrew worked under chefs such as Bill Marchetti and Greg Malouf before spending time in Hong Kong and China. Although reluctant to pigeon-hole his food, he offers that "others describe it as modern European. A lot of it's based on technique, but produce drives it. What's seasonal dictates which way we go. And it's an evolution, constantly moving forward, evolving, otherwise it goes stagnant."

"You develop a style. It's never static, cooking. Every time you do a recipe it changes. I like to keep on developing what I do and hopefully improving along the way. And with that comes the confidence of using things with time. I lived in Hong Kong and Shanghai for four years and now I'm going back to my time there and using those techniques and flavours."

A popular dish on the menu currently is a 12-hour cooked suckling pig, which is "a shocker to keep up with."

The pace has increased steadily since his first venture, Dining Room 211 in Brunswick Street, reflected in the fact that with 80 seats Cutler & Co can accommodate twice as many people.

"Each time it's just grown. It's been a progression. If I'd set up a 500 square metre building like this when I first opened I would have just crashed and burned. Each time I've grown a bit and learnt a little bit more, made a few more mistakes and now we're at a point of having a space with a bar at the front and a restaurant space at the back, along with the infrastructure and the scale that really works for me."

Just nine months prior to Cutler & Co, Andrew and his partners opened the popular Cumulus Inc in Flinders Lane

in the city. Given its location, Cumulus Inc caters to a very different clientele of lawyers, finance and government workers. The environment is one that has appeal throughout the day.

"Cumulus is basically a direct response to how I like to eat, or what I like to do on my day off: go somewhere I don't have to commit to an entrée, main and dessert, but go there and have a snack and a really nice glass of wine. Or go and have a bowl of noodles at any time of the day."

Along with his business partners, there is a team of managers, head chefs and kitchen staff who make it possible for Andrew to work between the two restaurants. This leaves him free to set a creative direction but also work with the teams in the kitchens. "I still work in the kitchen everyday because it's what I enjoy doing. I get a lot of creative satisfaction from it."

He divides his time between both spaces. "Every week different things happen, different events. It would be nice to have more routine but this industry doesn't allow it."

It doesn't seem as if McConnell's popularity is in danger of waning anytime soon. The Melbourne market is demanding, but he enjoys rising to the challenge. "It means you have to perform to a certain level, it keeps you on your toes. On top of that you've also got really astute diners, which is really good for the industry. People know their food. It's tough – you can try to keep everyone happy but there's no way you can. It's only recently I've come to understand that – it's taken me years to figure that out." ♦

Lisa Morton attended the Noosa Food and Wine Festival as a guest of Tourism Queensland. For more information about the Festival visit online at celebrationofaustralianfoodandwine.com.au

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conversions & techniques

Notes for cooks

To ensure successful results in cooking, we recommend you invest in accurate measuring tools – measuring cups and spoons and a measuring jug are essential and electronic scales are particularly useful as they weigh accurately in both imperial and metric.

Always follow one set of measures in a recipe. Do not mix them up.

Dish uses:

Large eggs (No.7)

Level spoons and cup measurements

Liquids are always measured in a jug and dry ingredients in measuring cups.

NB: One tablespoon is 15ml
(the Australian tablespoon is 20ml)

Useful ingredient equivalents

Breadcrumbs

1 cup fresh = 50 grams

1 cup dried = 115 grams

Butter

1 (American) stick = 100 grams

1 cup = 225 grams

2 tablespoons = 30 grams

Cheese

1 cup grated tasty = 115 grams

1 cup Parmesan = 150 grams

Egg Whites

Large (No. 7) egg white = 30 grams

Flour

1 level measuring cup = 150 grams

Gelatine

3 teaspoons granulated/6 leaves (gold grade) will set 500 mls/2 cups liquid to a light jelly

1 rounded tablespoon granulated/9 leaves (gold grade) will set 500 mls/2 cups liquid to a firm jelly

Leaf gelatine comes in varying grades. It is wise to check the setting properties of the leaf gelatine you buy before use.

Honey, Golden Syrup

1 cup = 350 grams

Onions

1 x 115 gram onion = 1 cup chopped

Rice

1 cup uncooked rice = 200 grams

1 cup cooked = 165 grams

Sugar

1 cup caster and granulated = 225 grams

1 cup brown sugar = 200 grams

1 cup icing sugar = 125 grams

Spinach

650 grams spinach leaves = ¾ cup purée

Yeast

2 tablespoons fresh (compressed)
= 1 tablespoon dried (granulated)

OVEN TEMPERATURES

225°Fahrenheit = 110°Celsius = cool oven

300°Fahrenheit = 150°Celsius = very low oven

350°Fahrenheit = 180°Celsius = moderate oven

400°Fahrenheit = 200°Celsius = hot oven

450°Fahrenheit = 230°Celsius = very hot oven

VOLUME

1 level teaspoon = 5 mls

1 level tablespoon = 15 mls

1 oz/fl oz = 28.35 grams/mls

1 pound = 450 grams

1 cup liquid = 250 mls

1 pint = 600 mls

1 litre = 1000 mls

WEIGHT

10 grams = ¼ oz

15 grams = ½ oz

25 grams = 1 oz (actual 28.35 grams)

450 grams = 1 pound

1 kilogram = 2 ¼ pounds

LENGTH

1cm = ½ inch

2.5cm = 1 inch

12cm = 4 ½ inches

20cm = 8 inches

24cm = 9 ½ inches

30cm = 12 inches

Food name equivalents

We all use cookbooks and magazines from around the world. These are some of the more common ingredients which have differing names.

baking paper	parchment paper/ silicone paper
beetroot	beets
cannellini beans	white kidney bean
capsicum	bell pepper/ sweet pepper
celeriac	celery root
coriander	cilantro
cream	heavy cream
eggplant	aubergine
fillet (as in meat)	tenderloin
golden syrup	dark corn syrup
hapuka	groper
icing sugar	confectioners sugar
plain flour	standard/pure flour
prawn	jumbo shrimp
rocket	rocket/arugula
scallopini	pattypan squash
spring onions	green onions
zucchini	courgettes

Useful techniques

Bake blind: line a prepared pastry case with baking paper and fill with pie weights or dried beans. The beans support the pastry as it cooks. Bake in a preheated 190°C – 200°C oven for up to 20 minutes before removing the paper and weights. The shell should now have taken form. Return to the oven for the time specified in the recipe.

Julienne: this term refers to food, often vegetables, that are sliced into thin matchsticks. This is most easily done using a mandolin but can also be done by hand. First cut into 3mm (¼-inch) thick slices. Stack the slices and cut into 3mm (¼-inch) thick strips. Cut into desired length.

Poach: to cook food, completely covered in barely simmering liquid (the surface of the liquid should not break). This liquid can be water, wine, sugar syrup, rendered duck or goose fat or olive oil. Poaching meat or poultry will give moist, succulent results and is especially ideal if the meat is to be served cold. It is particularly important to have a well-flavoured poaching liquid as this method of cooking does not allow any caramelisation to occur. Poaching can take place either in the oven at a very low temperature, as in confit of duck, or on direct heat. A simmer mat is a useful tool to ensure the gentlest heat is maintained.

The poaching liquid can then be used as a base for a flavoursome soup. Stocks can be used over and over again – in fact they get better with use as the flavours are enriched further. Care must be taken though to prevent bacterial growth.

- Always use the stock for the same type of meat e.g. chicken.
- After each use, bring the stock to the boil, skim it and strain it through a fine sieve.
- Store it in a clean container with a well sealed lid.
- Cool completely before refrigerating or freezing.

Foods which can be poached include apples and pears, beef, chicken, dried fruits, duck, eggs, figs, fish, quinces, stone fruits and vegetables such as leeks, carrots and globe artichokes.

Roast nuts: spread the nuts out in a single layer on a shallow baking pan and place in a preheated 180°C oven. Shake the pan every few minutes until the nuts are golden. Watch carefully as the nuts can become too brown very quickly. Remove and tip into another dish to cool.

Sterilise bottles and jars: put jars or bottles and their lids through a hot cycle of the dishwasher. Alternatively, wash in hot soapy water and rinse well. Place them on an oven tray in a cold oven. Turn the heat to 120°C and leave for 30 minutes.

Toast and grind spices: heat a small dry pan over a medium heat. Add the spice and toss until fragrant and just starting to darken in colour. Be very careful not to burn as this will make them bitter. Toast one spice at a time rather than combining, as each spice will take a different time to toast. Tip out onto a plate and cool. Grind in a mortar and pestle or a small coffee grinder, reserved for the purpose.

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in the next issue of Dish...

Spring has sprung and we're welcoming the new season with recipes for spring vegetables, delicious chicken dishes, ideas for 'wrapped' food, menus for Sunday lunch with friends and simple dinners for any night of the week.

Plus:

- Peter Gordon harvests vanilla in Tonga
- free-range chicken farming
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recipe index

SALADS

Prawn, grapefruit and fregola salad	81
Warm chicken liver salad on garlic croutes	106

FISH AND SEAFOOD

Market fish with white wine, grapes and tarragon	105
Prawn and pork cakes with noodles and broth	109
Prawn, grapefruit and fregola salad	81
Roasted fish with potatoes and fennel	74

MEAT

Baked Turkish lamb manti with minted yoghurt sauce	105
Beef olives with cherry tomatoes	112
Braised shin of beef with lemongrass and coconut	74
Crisp roasted pork hocks with caramelized onion gravy	69
Prawn and pork cakes with noodles and broth	109
Roast breast of lamb on Spanish beans	69

POULTRY AND GAME

Braised chicken with shallots, peas and apples	77
Chicken and Moroccan carrot purée with orange and green olive salsa	80
Duck tagine with pumpkin couscous and date chutney	72
Roasted basil and lemon chicken with Jerusalem artichokes	106
Warm chicken liver salad on garlic croutes	106

VEGETABLES

Baked witlof with orange and hazelnuts	82
Beetroot chips	86
Carrot puree	80
Parsnip and pear mash	69
Potato crusted silverbeet and feta tart	108
Pumpkin couscous with date and pomegranate chutney	72
Puy lentils with leeks	77
Roasted buttercup pumpkins	86
Root vegetable gratin	110
Sautéed Brussels sprouts with bacon and almonds	110
Spanish beans	69

PASTA AND GRAINS

Pearl barley and vegetable soup	88
Pumpkin couscous with date and pomegranate chutney	72

EGGS AND DAIRY

Ricotta and rocket gnocchi with lemon and Parmesan sauce	82
--	----

FRUIT

Apricot glazed fruit brioche	98
Blackberry and apple cobbler	110
Lime and lemonade	80
Roasted tamarillo fool	102
Shiraz poached quinces	94

SWEET

Apricot glazed fruit brioche	98
Blackberry and apple cobbler	110
Cardamom madeleines with tamarillo fool	102
Hazelnut tiramisu layer cake	100
Little rhubarb crumble cakes with ginger custard	94
Orange and saffron confit	84
Saucy chocolate pudding with toasted almonds	98
Steamed candied orange puddings	100
Sticky pear and ginger pudding with toffee sauce	96
Vanilla rice pudding with Shiraz poached quinces	94

SOUPS

Cauliflower, watercress and blue cheese soup	90
Hot and sour soup with mushrooms and tofu	86
Jerusalem artichoke and potato soup with mustard croutons	88
Pearl barley and vegetable soup	88
Red lentil, kumara and coconut soup	90
Roasted beetroot, parsnip and apple soup	86

SAUCES AND DRESSINGS

Caper sauce	74
Caramelized onion gravy	69
Date and pomegranate chutney	72
Lemon and Parmesan sauce	82
Minted yoghurt sauce	105
Tomato sauce	112
Toffee sauce	96

OTHER

Beetroot chips	86
Chermoula paste	72
Green olive salsa	80
Mustard croutons	88
Paprika butter	105



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